

2024 Wellness Webinar Series



Powering Big Goals Through Small Changes

Start the year with a fresh approach to meeting your well-being goals. Join us to learn how the power of small habits stack up to support you in reaching your larger goals. We will explore the art of habit creation and the science behind making positive change that will last. Don't miss this opportunity to transform your life one habit at a time!

 [REGISTER HERE](#) for webinar series.

Or copy and paste this url to your browser: https://phs-org-corp.zoom.us/webinar/register/WN_zacvK6U1SDaksaZ535U1PQ

Earn points on Wellness at Work after watching the webinar or recording.



Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.