## Homewood Health invites you...

## FREE Webinar:

Reducing Anxiety & Managing the Transition Back to Class – for Post-Secondary Educators

Presented by Dr. Sandra Primiano, Ph.D., Psy.D, this 1 hour webinar will explore strategies for navigating the changes educators face with greater ease, while providing tips and tools to support their psychological well-being during these uncertain times. Details surrounding the webinar can be found below.

Please join us for this special event.



Host: Dr. Sandra Primiano, Ph.D., Psy.D



Session 1: Date: Tuesday, Sept. 29, 2020 Time: 8:00-9:00pm (EST) Register at: HomewoodHealth.com/educator-web1



Session 2: Date: Wednesday, Sept. 30, 2020 Time: 1:00-2:00pm (EST) Register at: HomewoodHealth.com/educator-web2

## Homewood Health