



# November:

## Ground Yourself with Gratitude

Join us for this month's Café Series as we focus on ways to appreciate the good things in life.

### Webinar: Healthy Holiday Eating

Presented by: Lindsey Pine, MS, RDN, CSSD, CLT

Wednesday, November 8 @ 1 p.m. EST

It can be tough to stay healthy during the holiday season. The good news is that you can still enjoy your favorite foods without overindulging. Tune in to this webinar to help you create a healthy holiday strategy.

### Webinar: Gratitude

Presented by: Marion Bolding, MA, CWWS, Well-Being Coach

Wednesday, November 15 @ 1 p.m. EST

In the fast-paced world we live in, it can be tough to take time to stop and appreciate the little things and to give thanks to ourselves or others. Tune in to this webinar to learn more about the benefits of gratitude and how to incorporate gratitude into your daily life.



### Here Are Two Easy Ways to Register:

1. Click on this link: <http://bit.ly/2kV5gZu>
2. Visit your organization's MyBHS Portal by going to [portal.bhsonline.com](http://portal.bhsonline.com) and find the registration link in the "Upcoming Live Webinars" under the "Café Series" tab.

### Did You Miss a Live Webinar?

Go to your organization's MyBHS Portal and click on the "Cafe Series" tab to access past webinars. On-Demand webinars are listed by date and topic.

Take   
time to  
tune in.