



August: Back to School

Time to dust off those backpacks! Join BHS for this month's Cafe Series as we focus on ways to make the transition from Summer to the new school year as easy and stress-free as possible.

Webinar: Time Management

Presented by: Mary Woznysmith, LSCW-C, Counselor and Life Journey Mentor

Tuesday, August 5th @ 11:30am EST

Take control of your schedule! Tune in to this 30-minute interactive webinar to discuss strategies to help you prioritize and streamline your time - at work, school, or home. Be sure to stick around for a bonus Q & A session with our presenter to follow!

Video: Prepare for College

Presented by: Jackie Hill, Certified Worksite Wellness Specialist

Wednesday, August 20th @ 2:30pm EST

Are you sending a student off to college this Fall? Get ready by watching this 30-minute video! Learn how to cope with the emotional adjustments your family will make and discuss helpful tips for how to support young adults entering college.

Register Online Today!

Register online for these events with the following URL:
<http://bhsscheduleportal.org/bhsportal46zeta/>

