

# café series

by **bhs**



## August:

### See Your Way to a Healthy Month!

It's almost back-to-school time, and for many of us that means getting back into a schedule. But don't let that stress you out. Join BHS for this month's Café Series as we help you with combating stress and organizing your space.

#### Webinar: Combating Stress

*Presented by: Helen Young-Mclaughlin, LCPC*

**Thursday, August 4 @ 11 a.m. EST**

In today's fast-paced world, many people have heightened levels of stress. Unhealthy levels of stress can often lead to negative health consequences. Luckily, many of these adverse health consequences can be prevented with the help of stress management techniques. Tune into this webinar as we discuss how stress management can create long-lasting solutions for enhancing healthy lifestyles.

#### Webinar: Organizing Your Space

*Presented by: Yvondra Hayes*

**Tuesday, August 16 @ 11 a.m. EST**

What makes some people keep a clean, organized home or office while others struggle on a daily basis with the clutter and chaos in their lives? We strive for order in all areas of our lives. However, for a variety of reasons, these aspirations are sidetracked, leaving us with clutter and chaos that can be difficult to overcome. Join us as we address reasons for clutter and disorganization in our lives, the benefits of organization and tips for organizing your space.



#### Here Are Two Easy Ways to Register:

1. Click on this link: <http://goo.gl/yGbRSh>
2. Visit your organization's MyBHS Portal 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.