



# December:

## Give the Gift of Presence

Join us for this month's Café Series as we focus on ways to be in the moment this season.

### Webinar: Time Management

*Presented by: Smitha Shukla, RPh, BHS Well-Being Coach*

**Tuesday, December 5 @ 1 p.m. EST**

With the holiday season in full swing, we could all use a little help managing our time. Tune in to this webinar to learn more about strategies for getting the most out of your days and feeling more productive at work and home.



### Webinar: Community Involvement

*Presented by: Alissa Ganser, Business Volunteers Maryland, Director, External Relations & Programs*

**Tuesday, December 12 @ 1 p.m. EST**

Community engagement can elevate your career, the community, and your well-being. Tune in to learn practical tips for how to get involved and make the biggest impact on your community.



### 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.