## NOV 2021

## HelpNet webinar

## **RECLAIM YOUR JOY**

Children experience joy on a regular basis. But when we become adults, time pressures and competing demands can make joy seem like a foreign concept. This session will help you tune in to what's important and begin incorporating more joy into your daily routine.

## **AVAILABLE ON DEMAND STARTING NOVEMBER 1**

To access Continuum's HelpNet, visit **4continuum.com** and complete the member login at the top of the page. From HelpNet's home page, click the featured webinar of the month.

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