



January Webinars

New year, new habits!



It's Time Y'all!

with Baker Harrell, Ph.D.

In a time when you may have lost momentum towards reaching your own health goals, Baker Harrell is here to motivate and inspire you. In this webinar, learn how to be your best self by:

- Establishing your why statement,
- connecting your why to your what, and
- creating an action plan for how to live your why through purposeful action.



1° of Difference: Changing one habit can change your life

with Lacy Wolff of ERS

This webinar looks at human psychology in an interactive way to break down the science of our subconscious behavior.

Participants will learn:

- 3 ways to break a bad habit
- 5 cues to make new habits stick
- and resources to help you track your new habits!



Flow: Strategies to optimize performance and build resilience

with Albert Lucio of DFPS

Learn how to get in "the zone," and find your flow with flow master Albert Lucio. Lucio is a Foster Care Development Specialist, internationally recognized sand sculptor and magician who will delve into the powerful benefits of finding your flow as well as the psychology behind the flow state.



Fuel for Fitness

with Alexis Schminke of DPS

When setting fitness goals, knowing how to fuel for the exercise you are doing is important. This webinar will give you strategies for optimal pre and post-workout nutrition based on the latest peer reviewed research. You will learn

- the right mix of nutrients to fuel your workout and
- how to time your meals to get the most from your workouts.