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# MFED LIVE WEEKLY WEBINAR CALENDAR

August 2026

**You are Cordially Invited to join the WHS DoW EAP Weekly  
Web-based Presentations on Tuesdays at 2:00PM ET**

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**Tuesday, August 4, 2026 | 2PM ET**

**Increasing Mental Toughness**

**Presenter: Alan Tamai, LMFT**

This presentation is about using challenging times as an opportunity to increase our mental toughness and find a positive way to look at negative events. We'll discuss what it means to be mentally tough and dive into the topic of Grit. [TEAMs Registration](#)

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[+1 417-501-2485,,999817477#](#) United States, Springfield

[Find a local number](#)

Phone conference ID: 999 817 477#

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**Tuesday, August 11, 2026 | 2PM ET**

**Be Positive**

**Presenter: Maria Holm, LCSW**

Scientists have discovered that our attitude significantly impacts our behavior, experiences, and relationships. We'll explore how to harness the power of positive thinking by making changes in our mindset and perspective. [TEAMs Registration](#)

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## **Tuesday, August 18, 2026 | 2PM ET**

### **How to Speak with Your Healthcare Provider**

**Presenter: Laura Baker, LMHC**

This presentation provides practical guidance on enhancing communication with healthcare providers. It covers key strategies for preparing for medical appointments, including documenting symptoms, maintaining a health journal, and understanding family health history. It emphasizes the importance of clear and open communication, asking clarifying questions, and fostering a collaborative patient/provider relationship. The presentation also explores working effectively with pharmacists, tips for handling difficult medical conversations, and using audio recordings (with permission) for complex topics. Additional insights focus on early detection, preventive care, and leveraging support systems during appointments to ensure a comprehensive and supportive healthcare experience. [TEAMs Registration](#)

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## **Tuesday, August 25, 2026 | 2PM ET**

### **Keeping Your Aging Loved Ones Safe**

**Presenter: Elvy Sipin, LCSW**

To ensure the safety and well-being of seniors and their caregivers, understanding basic safety protocols is essential. This presentation introduces participants to six key areas of safety, offering practical tips and resources to help maintain health and security as loved ones age. [TEAMs Registration](#)

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Scan the QR code to visit the [Magellan EAP Member Portal](#) or call your Employee Assistance Program (EAP) at 1-866-580-9046 (TTY 711) to get started.