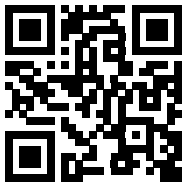




# Parenting with Your Best Self



Parenting is one of the most demanding and rewarding jobs. Get ideas on how to positively nurture both your family and yourself.

Register for this live webinar on Wednesday, August 9 at 1:00 pm CT to:

- Learn how to model positive relationships for your children.
- Gain skill in setting boundaries.
- Begin prioritizing self-care activities that make you a healthier parent.

*\*All live webinars are recorded and posted on your member website.*

Visit [MagellanAscend.com](https://MagellanAscend.com) or call your Employee Assistance Program at 1-866-580-9046 (TTY 711) for helpful resources.

