

# Feeling stuck? Get unstuck!



Join our live webinar on Wednesday, October 9, 2024 at 1:00 p.m. CT to learn how to get out of a rut and rediscover your motivation and sense of purpose. Scan the QR code to [register now](#).

In this webinar, you'll learn:

- What feeling “stuck” can mean in your life.
- How circumstances can conspire to make you feel stuck.
- How to apply active strategies that help you move forward and feel better.

The webinar will be recorded and posted on your Employee Assistance Program website, [MagellanAscend.com](https://MagellanAscend.com).

