

August

Tuesday, 5 AUG, 2 pm EST

Getting YOU Help

This seminar encourages participants to take a moment to assess their emotional and physical health. We'll discuss ways to evaluate your well-being and identify when it's time to seek help.

Presenter: Howard Johnson, LMFT

TEAMs Registration Link, [Here](#).

Dial in by phone

[+1 417-501-2485, 792785299#](#) United States, Springfield

[Find a local number](#)

Phone conference ID: 792 785 299#

Tuesday, 12 AUG, 2 pm EST

Creative Problem-Solving and Decision Making

Every problem presents an opportunity for creative solutions. In this interactive seminar, participants will explore best practices and techniques for solving problems efficiently and effectively. The class emphasizes hands-on participation, encouraging attendees to bring their own current challenges to apply these techniques directly. By actively engaging with real-life issues, participants will learn innovative approaches to problem-solving and decision-making that they can apply in both their personal and professional lives.

Presenter: Robb Wear, LCSW

TEAMs Registration Link, [Here](#).

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[+1 417-501-2485, 912929989#](#) United States, Springfield

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Phone conference ID: 912 929 989#

MFED LIVE Weekly Webinar CALENDAR

Tuesday, 19 AUG, 2 pm EST

Fear and Anxiety Moving Forward

Fear and anxiety can make it difficult to stay present and fully enjoy life. In this class, participants will explore the differences and similarities between fear and anxiety, as well as how they can affect our comfort and productivity. We will work together to discover how redirecting our thoughts can help in managing these emotions, while also discussing practical coping strategies and resources to help move forward with confidence.

Presenter: Howard Johnson, LMFT

TEAMs Registration Link, [Here](#).

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[+1 417-501-2485, 555586504#](#) United States, Springfield

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Phone conference ID: 555 586 504#

Tuesday, 26 AUG, 2 pm EST

Maximize Your Brain's Potential

In this class, participants will delve into the mind-body connection and discover lifelong healthy habits that enhance brain fitness. We will review the latest research on neuroplasticity, which highlights the brain's ability to grow, change, and form new neural connections. Participants will gain resources to continue developing their cognitive abilities and learn how to implement brain fitness programs in the workplace for employees.

Presenter: Laura Baker, LMHC

TEAMs Registration Link, [Here](#).

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