

# Wellness Updates

## LiveWell OU Program Overview Session

→ Second Friday of the month at 11 a.m. | [Register](#)

## Upcoming Webinars

→ July 11 at [11 a.m.](#) & [2 p.m.](#) | Student Loan Repayment Strategies

→ July 12 at 1 p.m. | [The Pursuit of Happiness Using Positive Psychology](#)

→ July 13 at 12 p.m. | [Ask Fidelity: Buying a Home](#)

→ July 13 at 12 p.m. | [Talk Saves Lives: Intro to Suicide Prevention](#)

→ July 18 at 12 p.m. | [OBRC Presents: Returning to Work or School and Pumping](#)

→ July 19 at 12 p.m. | [Strategies for Resolving Workplace Conflict](#)

→ July 27 at [11 a.m.](#) & [2 p.m.](#) | Investing: Risk Considerations & Taxes

→ July 31 at 12 p.m. | [Combating Compassion Fatigue](#)



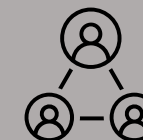
## Happiness Reconnect

*Breathwork & Meditation*

**\*\*Summer Schedule\*\***

Tuesdays

12 – 12:20 p.m.



## LiveWell OU Watercooler Chats

4<sup>th</sup> Tues. of the month

11 – 11:20 a.m.



## Request a training!

Departments can request a training from a variety of wellbeing topics

[Click here to submit a request](#)



Recorded Magellan OU Webinars

[Jan.-May 2023](#)



# STAY IN TOUCH



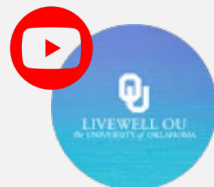
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