

January Wellness Webinar—*Find Your Focus*

Feeling pulled in many directions and lacking focus is a common challenge, but you can learn techniques to pinpoint a central focus, eliminate distractions, and pursue goals across different aspects of your life. Join Well Aware for this month's wellness webinar, *Find Your Focus*, on Wednesday, January 28, 2026, at 5:00 p.m. [Email Well Aware](#) to register. After registering, you will receive a link to the webinar in your Outlook email as well as an Outlook calendar reminder.