

# CITYparents

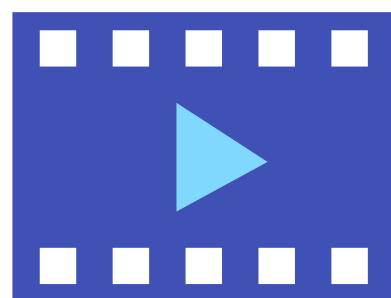
## Wellbeing Content Highlights: Spring 2021

LIVE

ON DEMAND

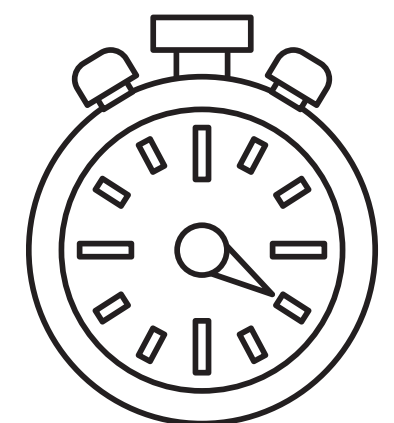
**Webinar:**  
**Nutritional Secrets  
for Good Sleep**

Thursday 15th April  
at 12.30pm London BST



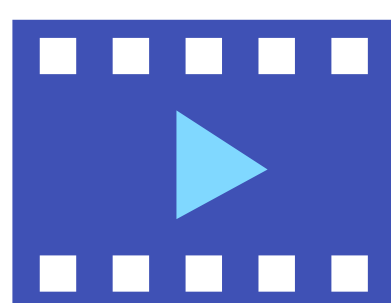
**Short:**  
**Science Based  
Strategies for  
Increasing Resilience  
and Wellbeing**

Publishing on Tuesday 11th May



**Webinar:**  
**The Power of  
Gratitude**

Monday 26th April  
at 12.30pm London BST



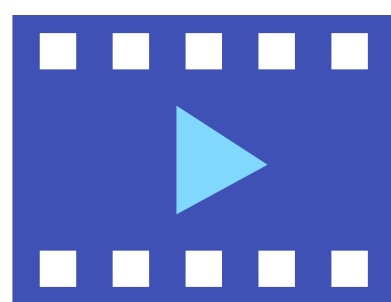
**Podcast:**  
**Finding a Calmer,  
Happier Life  
Through COVID19**

Available Now



**Webinar:**  
**Self-Care and the  
Myth of Multitasking**

Wednesday 12th May at  
12.30pm London BST



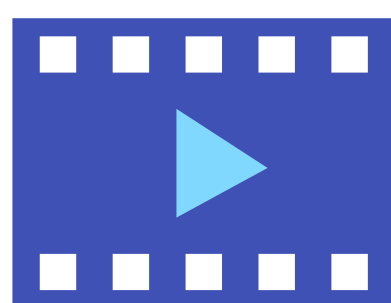
**Expert Article:**  
**Mindfulness -  
Understanding the  
concept and how  
to get started**

Available Now



**Webinar:**  
**Proactively  
Managing Your  
Mental Wellbeing**

Thursday 13th May  
at 12.30pm BST



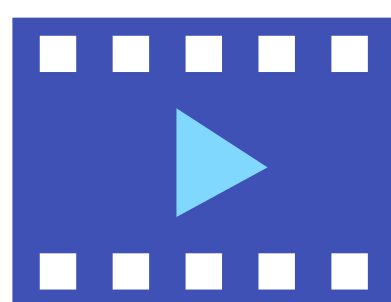
**Podcast:**  
**Neuroscience and  
Positive Habits**

Available Now



**Webinar:**  
**Living with  
Dementia**

Monday 10th May  
at 12.30pm London BST



**Expert Article:**  
**Top tips for easing  
anxiety and setting  
boundaries**

Available Now



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