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## Connect with your purpose: Evolve

You may not feel as if you change much from day to day, but think back to ten years ago. The experiences you have in life can change your view of the world and take you through a personal evolution. You're the same person you were, but also not quite the same.

This month, listen to a podcast about the moments and milestones that shape our lives, watch a Let's Talk video to help you move forward when you feel stuck and more.



### Mind-body connection

A healthy mind and healthy emotions contribute to overall physical health. Finding positive ways to cope with negative emotions can support both your physical and emotional well-being.

Practicing mindfulness can help you work through negative emotions, manage stress and feel better overall.

[Learn more](#)



### Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. We also have a library of webinars you can view at any time. Log in to your member website and click on "Sign up for a webinar" under "Today I want to:" or go to Tools > Webinars > Upcoming webinars to register today.

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