



**Providence
Health Care**

How you want to be treated.

How to Create and Maintain Healthy Habits Webinar

Session Description

Most of us know that we should lead an active life, get a sufficient amount of sleep, eat nutritious food and strive for harmony between our work and personal lives. And many of us have goals we would like to reach, whether that goal is to run a marathon, reduce our screen time or save for retirement. But it's one thing to know what we should do or what we want to do, and another thing altogether to know how to achieve it. Healthy habits are key to turning our good intentions into effective action. This session will equip participants with strategies for building and maintaining healthy habits they can employ towards achieving their goals.

Registration link:

Link: <https://forms.gle/zBw3hEAjb9L1pHpW8>. You can sign up to attend live sessions or receive access to the recording, which will be available on the [EFAP page](#) on connect for 1 month after the session.



June 4, 12 pm - 1 pm

How to create and maintain
healthy habits

Questions? Email wellness@providencehealth.bc.ca