



TEN FOUNDATIONAL PRACTICES FOR A GOOD LIFE

This workshop is designed to provide participants with 10 foundational insights and perspectives to cultivate a good life. This presentation will discuss managing stress, resilience, healthy eating, adequate sleep, exercise, finances, motivation, positivity, and meaningful communication. This workshop is available at **no cost**. To register, click [HERE](#).



Presented By: Justin Olsen, LCMHC

is a therapist at Blomquist Hale who has done many presentations throughout his career. Justin focuses on educating, supporting and empowering all participants in this course. His goal is to help participants take control of their life and how they feel.

February 17th
12:00 p.m. - 1:00 p.m. MT

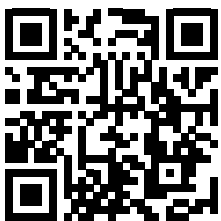
Event Location:
Online!



GRIEF SERIES: Anticipatory Loss

Learn about grief with anticipatory loss such as when someone is coping with a life-threatening illness including types of anticipatory grief, how it feels and impacts us, coping tools to help, taboo parts of grief, and how to support others coping with this grief.

This workshop is available at **no cost**. To register, click [HERE](#).



Elizabeth Brummett, LCSW

Elizabeth received her bachelor's degree from Weber State University, her master's degree from the University of South Carolina, and her doctorate degree from Walden University. In addition, Elizabeth has certifications in SAP. She has experience in play therapy, family therapy, parenting, grief, and Autism Spectrum Disorder. Elizabeth enjoys working with children, parents, families, older adults, and anyone seeking genuine support/help. She enjoys working with each client on identifying what they would like to gain from counseling and how she can best help them meet their goals. In her spare time, she enjoys reading, baking, and spending time with family.

February 20th

12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!