

A woman with long brown hair is sitting cross-legged in a field of tall grass, eyes closed, in a meditative pose. The background is a soft-focus field of grass under a bright sky.

change to chill

by Allina Health

**Virtual Summer Series for
Youth & Adults**

**Thursdays from 12 - 12:45PM CST on Zoom
Led by Change to Chill Facilitators**

Gratitude: Focusing on the Positive **JULY 30**

Research suggests practicing gratitude helps promote mental wellness, school success, generosity and physical health. Learn how to re-frame your mind to focus on the positive and develop an attitude of gratitude.

[Register](#)

The Powerful Practice of Self-Care **AUGUST 6**

Being self-aware means knowing what's important to you—what makes you tick—and living in ways that are consistent with that. Discover the ways in which you can weave self-care into your life.

[Register](#)

Staying Connected when Physically Distant **AUGUST 20**

Maintaining close connections is vital to one's well-being. Learn helpful tips to stay connected to those you love while staying physically distant.

[Register](#)

Mindful Eating **AUGUST 27**

Paying attention while we eat can be a great form of relaxation and mindfulness...but it's not always easy. Learn simple ways to stay consistent through changing routines.

[Register](#)

www.changetochill.org/virtual-summer-series/