



## Mindful Beginnings with Meaningful Self-Care

**Webinar • January 10, 2024 • Noon ET/9:00am PT**

A new year often means a fresh start, but it's not always easy to sustain new goals and habits when life keeps happening. Common advice is to 'prioritize self-care,' but what does that truly mean?

Dr. Lauren Cook, an expert in reducing anxiety and building a life that feels expansive, will coach you to create a personalized self-care routine you can sustain. Join us as she shares evidence-based insights and practical techniques for reducing anxiety and building resilience, empowering you to take on all that 2024 serves up.

Can't join us live? Sign up anyway, and we'll send a recording.

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### About Our Presenter Dr. Lauren Cook

Dr. Lauren Cook is a therapist, consultant, speaker, and author of multiple books, including *Generation Anxiety*. She's passionate about bringing mental health to people of all ages and identities, particularly in the workplace (including when that's from home!). Dr. Lauren integrates empirically-supported research and neuroscience to inform her evidence-based teachings. Learn more at [www.drlaurencook.com](http://www.drlaurencook.com).