



NORTH CAROLINA

Occupational Safety and
Health Education
and Research Center

Wellness Webinar Series

Speakers:

Ed Fisher, PhD

Patrick Tang, MPH

Ed and Patrick are from Peers for Progress, a program at UNC-Chapel Hill that promotes people helping each other around the world.



*All webinars in this series will be recorded and posted online at <https://sph.unc.edu/osherc/carolina-prosper-and-other-covid-resources/>.

“Better Sleep for Health and Well-Being”

Tuesday, 1/26/21 @12-1pm EST

<https://go.unc.edu/sleeping>

“Strategies for Improving Your Mood and Reducing Anxiety”

Friday, 1/29/21 @12-1pm EST

<https://go.unc.edu/mood>

“Creating a Positive Workplace for Employee Mental Health”

Friday, 2/5/21 @12-1pm EST

<https://go.unc.edu/workplace>

“Getting and Giving Social Support”

Tuesday, 2/9/21 @12-1pm EST

<https://go.unc.edu/socialsupport>



CAROLINA
PROSPER
Promoting Safe Practices for Employees' Return



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