

AUGUST 2019

THIS MONTH AT LIFESPEAK



THIS MONTH'S FEATURED TRAINING: COUPLES RELATIONSHIPS with Marion Balla →

1. Ask the Expert Web Chat

Sharon Selby
Back to school and other childhood anxieties
August 20th, 2019
12 pm EST

[Sign up](#) →

2.

Be aware: bigotry in the workplace can have long term effects on employee mental health.

[Read more](#) →

3.

Check out your Dashboard

You can see what's new and upcoming at LifeSpeak and at your organization

[Go to dashboard](#) →

4.

Access LifeSpeak

From any computer:

<https://northernhealth.lifespeak.com>; Client password *wellness*

Download the app :



Client name *northernhealth*; Client password *wellness*