

SEPTEMBER 2019

THIS MONTH AT LIFESPEAK



THIS MONTH'S FEATURED TRAINING: CAREGIVING: EMBRACING ENOUGH with Denise Brown →

1. Ask the Expert Web Chat

Bob Gavlak
Getting a grip on your finances
September 19th, 2019
12 pm EST

[Sign up](#) →

2. The Latest from the LifeSpeak Blog

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*

5. Results of last month's LifeSpeak poll

Do you have a pet?

Yes
 59.54%

No
 39.41%

Yes - a virtual one
 1.05%

*Poll results reflect entire LifeSpeak database.

[Take the latest poll](#) →