



STAYWELL PRESENTS

## WELL WISCONSIN RADIO

Monthly expert interviews on various health topics with professionals around the state!

### *COVID-19: Managing Anxiety and Practicing Self-Care*

In this interview, we talk to Michael McCafferty from FEI Behavioral Health about the current COVID-19 pandemic. Tune in to learn more about taking care of yourself during this difficult time and what resources are available.

**MARCH 31, 2020**  
**NOON-12:30 P.M.**

[REGISTER HERE!](#)

\* Please note that you must attend live in order to be awarded credit towards your 2020 Well Wisconsin well-being activity. A recording will be available after the event but will not count towards your well-being activity completion.