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.

* 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.