

nysut
Retirees

Experienced

Resourceful

Engaged

Webinar Series

Nov. 19

Please join us
for a 60-minute
webinar



Surviving the Holidays during the Pandemic

This one-hour webinar will discuss the challenges retirees face in coping and managing anxiety that has impacted us with COVID-19. Many of us are more isolated and deprived of contact with loved ones, which has created more stress and uncertainty. This webinar will address ways to manage the holidays and the ongoing unpredictability of these times.

Nov. 19
1 p.m.

Please register at:

<http://bit.ly/nysutholidays2020>

A confirmation email with information on how to join the webinar will be sent to you. At the time of the webinar, please click: [join the webinar](#). Before joining, be sure to [check system requirements](#) to avoid any connection issues. (*Connecting a few minutes early is recommended.*)

**Connect,
Engage
& Learn**

If you have any questions,
please contact Tammie Waldenmaier at
tammie.waldenmaier@nysut.org