

Wise and Well Follow-up Resources: Bringing Joy to Your World

Thank you for joining us for our recent Wise & Well webinar, Bringing Joy to Your World. We hope you found the information to be helpful and educational.

Wise and Well Webinar Resources

- [Webinar Recording](#)
- [Slide Deck](#)
- [Culture of Fit Landing Page](#)
 - Action Plan Worksheet
 - Presentation Summary
 - Meditation Tip Sheet
 - Overview 1-pager
- View our [Mental Health Awareness Toolkit](#)

Presenter Information

- Kate Sortino, Global Director of Meditation and Yoga Therapeutics at Culture of Fit

