

HP Living Well Community/ MMHG Wellness Webinar

Mindfulness During Uncertainty and Change



Wednesday, July 8, 2026

1:00– 1:30 p.m.

**Attend this FREE webinar from
your computer, tablet, or
smartphone!**

Life feels chaotic and uncertain, whether from schedule changes, life transitions, or larger world events. This session offers mindfulness tools to anchor yourself during turbulent times. Learn practices to find calm amid chaos, manage anxiety when things feel out of control, and stay grounded when everything shifts around you.

No need to register in advance.

**Classes are open to everyone at no charge. Access classes at [this link](#)
or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>**

This webinar is free and open to all.

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