

HP Living Well Community/ MMHG Wellness Webinar

Staying Curious at Work: Professional Growth for Mental Wellness

Wednesday, August 12, 2026

1:00– 1:30 p.m.

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



Complacency at work can quietly erode mental well-being. This session explores how staying curious, embracing learning, and pursuing professional growth supports mental health and engagement. Discover practical strategies for keeping your work life stimulating, meaningful, and fulfilling without burning out.

No need to register in advance.

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

This webinar is free and open to all.

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