

Level Up's annual **Self-Care September** Campaign is back! As behavioral health is one of Level Up's five dimensions, we want to remind you that you matter!

This year's theme is Intentional Reset: Four Weeks to Rebuild, Refocus & Realign

Self-care is always important, and we are committed to helping you keep calm and focused through your busiest days and beyond. Self-care can include anything that helps us to refocus and realign our priorities and feel more grounded.

We are all in need of an extra dose of self-care and wellness. This September, we bring you a variety of **virtual sessions** to help you strengthen your mental well-being.

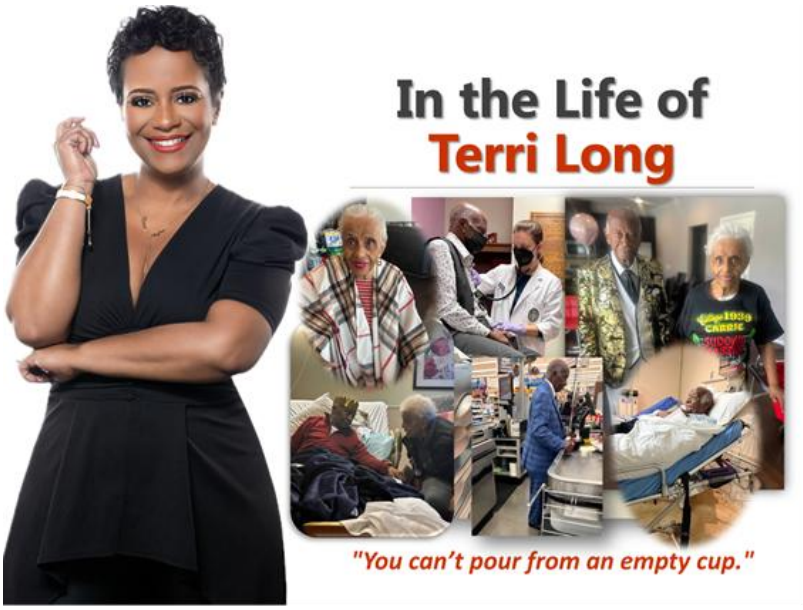
These aren't just webinars. They're opportunities to pause, reflect, recharge and take intentional steps toward the life and well-being you want.

Give yourself permission to reset. Give yourself permission to ELEVATE! Throughout the month, we're bringing you three phenomenal women – Dr. Cheryl Wood, Dr. Julianne Adams Birt and Terri Long. These powerhouse voices are ready to inspire, challenge, and equip you to make intentional space for YOU.

Register for one. Register for all four. But make the time to be there – make yourself a priority!







Wed., Sept. 2 | 12:00 PM - 1:00 PM

THE INTENTIONAL RESET: REBUILD, REFOCUS, REALIGN

Join us for a structured reset that strengthens routines, sharpens mental clarity, and realigns your personal and professional goals. This session will help you rebuild with intention and frame self-care as an intentional, sustainable practice.

Click here to register.

Wed., Sept. 9 | 12:00 PM - 1:00 PM

BUILDING PREVENTIVE HEALTH: HORMONES, STRESS & CANCER RISK

Explore how preventive health behaviors, hormonal balance, and stress management influence long-term cancer risk. Learn practical strategies for early detection, building resilience, and supporting overall well-being.

Click here to register.

Wed., Sept. 16 | 12:00 PM - 1:00 PM

GRIEVING WHILE CAREGIVING: BALANCING EMOTIONAL CAPACITY

Navigate the reality of carrying grief and caregiving at the same time. This session offers tools to manage emotional exhaustion, set supportive boundaries, and cultivate stability and compassion.

Click here to register.

Wed., Sept. 23 | 12:00 PM - 1:00 PM

PURPOSE, ALIGNMENT & GROWTH: PERSONALIZED SELF-CARE BLUEPRINT

Design a customized, sustainable self-care plan aligned with your values, responsibilities, and long-term growth. This session emphasizes purpose, adaptability, and resilience to support your evolving journey.

Click here to register.

Wellness Prizes

Everything is better with prizes, right?

Each week, Level Up will raffle off the following:

- **One Chair Massager Pad**
- **One Alexa Echo Dot**
- **One $100 Gift Card**







To be entered into the random drawing each week, you must register and attend at least one (1) webinar scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles.

We must continue to nurture ourselves with self-care and ensure our minds are cared for too – that's staying healthy and elevating our total well-being!

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Elevate Your Voice / Elevate Your Community

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