MARCH

In conjunction with our EAP vendor, the SJU Wellness Committee is pleased to be able to make available the following Webinar:

March 18 at 2pm - **How it Works: Neurotransmitters** – It's time to understand what's going on between your ears! The chemicals in our brain communicate information throughout our body and can affect mood, hunger, anxiety, and fear to name a few - but how? Let's unlock the mysteries of the neurotransmitter.

Click on the name of the Webinar for a direct link to the registration. Once you register, an email will be sent to the email address you provided in the registration. Attendance is anonymous.