



# Meaningful March and April 2021

The Oxnard School District has partnered with Optum to provide webinars to all employees. As fear and anxiety about COVID-19 can be overwhelming, we hope these available webinars on the topics listed below can be of assistance.

These webinars are free to all OSD employees (full time, part time, subs., etc..) and will be uploaded on the Risk Management website [here](#) as they become available. Please register in advance by clicking links below.

Please see sessions offered below and register by clicking the link.

## WEEKLY SESSIONS TO LIVE AND WORK WELL DURING COVID-19

**WebEx Connect Phone Number:** 1-844-992-4726

**Access Code:** Each session has their own code under **Access Code.**

Date and Time	Duration	Topic	Access Code WebEx Link	Please Click to Register	Recorded Webinars
Tuesday, March 2, 2021 5:30pm	1 hour	Employees in a Heightened Emotional State	132 690 2512 <a href="#">WebEx Link</a>	<a href="#">Here</a>	<a href="#">Here</a>
Tuesday, March 9, 2021 5:30pm	1 hour	Embracing Happiness	132 248 3680 <a href="#">WebEx Link</a>	<a href="#">Here</a>	<a href="#">Here</a>
Tuesday, March 16, 2021 5:30pm	1 hour	Suicide Prevention	132 875 3932 <a href="#">WebEx Link</a>	<a href="#">Here</a>	<a href="#">Here</a>
Tuesday, March 23, 2021 5:30pm	1 hour	Mindfulness	132 498 9949 <a href="#">WebEx Link</a>	<a href="#">Here</a>	<a href="#">Here</a>
Tuesday, March 30, 2021 5:30pm	1 hour	Preventing Burnout	132 524 8436 <a href="#">WebEx Link</a>	<a href="#">Here</a>	<a href="#">Here</a>
Tuesday, April 6, 2021 5:30pm	1 hour	Making Time for Fitness	132 763 3376 <a href="#">WebEx Link</a>	<a href="#">Here</a>	<a href="#">Here</a>
Tuesday, April 13, 2021 5:30pm	1 hour	Maintaining Balance in Life	132 778 9962 <a href="#">WebEx Link</a>	<a href="#">Here</a>	<a href="#">Here</a>
Tuesday, April 20, 2021 5:30pm	1 hour	How to Beat Fatigue & Sleep Better	132 503 5647 <a href="#">WebEx Link</a>	<a href="#">Here</a>	<a href="#">Here</a>
Tuesday, April 27, 2021 5:30pm	1 hour	Making the Most of Your Working Day	132 888 8120 <a href="#">WebEx Link</a>		<a href="#">Here</a>