

Are You Happy? Finding the Meaning of Life During COVID-19

A Complimentary Webinar Hosted by Dr. Eric Zillmer

Director of Athletics and Pacifico Professor of Neuropsychology at Drexel University



It is normal to feel confused during this time of uncertainty. But, that doesn't mean there's nothing you can do about it. This webinar will examine why we feel so anxious and exhausted, and how we can combat that with some psychological first aid. Join Dr. Eric Zillmer, Director of Athletics and Pacifico Professor of Neuropsychology at Drexel University, to discuss the dos and don'ts for making happiness work for you during COVID-19.

Thursday, August 13, 2020
12:00 PM ET

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