



# Power Lunch Webinar

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**Speakers:**

**Tia Graham**  
Chief Happiness Officer, Arrive at Happy



## “Elevate Optimism and Personal Wellbeing Workshop”

**Thursday, August 20**

**From your Desktop**  
11:00 a.m. – noon

As we continue to navigate uncharted territory filled with uncertainty and change affecting our personal and professional lives, it’s important to elevate our optimism and personal wellbeing.

Join Tia Graham, Chief Happiness Officer at Arrive at Happy for this CAPIO webinar where attendees learn more about increasing positivity and optimism through a blend of science and practical, actionable steps that they can implement immediately.

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**Prices**  
FREE for Members  
\$35 Non-Member

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**All registrants are provided with a link to the recording.**