Impact Solutions provides confidential telephonic counseling 24/7/365. In addition, Impact’s website provides many interactive and comprehensive tools.

The website is easy to navigate and includes a wide variety of topics to help you build resilience and manage life. You can reach an Impact counselor by calling 1-800-227-6007.

April 2019
Clear Your Clutter: A Comprehensive Guide
Presented by: Ellen Wilkinson
Is your kitchen table covered in unopened mail? Is your bedroom floor covered in clothing? Is your basement a total disaster? Living with clutter is exhausting. Learning how to approach clearing the clutter can feel daunting. This webinar will offer specific, strategic ways to approach clearing it and staying organized!

May 2019
Letting Your Emotions Interfere with Eating
Presented by: Mary Opfer
Excessive stress, not sleeping well, anxiety, and needing emotional comfort lead many of us to the refrigerator or to the snack pantry leaving us with unwanted weight gain, health issues, and lowered self-esteem. Learn how to identify when you are eating emotionally and what your triggers may be. Learn how not to use food to fulfill an emotional void in this engaging webinar.

June 2019
Master Your Mind: Emotional and Physical Health Connections
Presented by: Zoe Klein
You get upsetting news and suddenly feel sick to your stomach. You’re nervous about a big meeting and you begin to sweat, your heart races. Examples of the mind-body connection are endless. Particularly helpful for those living with chronic illness or other health challenges, this dynamic session provides strategies that employ the mind to lessen chronic pain, reduce depression associated with physical ailments, improve health outcomes, and more.

Webinars can be logged as 10 Be Well UC Pop-Up points on the Alyfe portal at http://bit.ly/Alyfe. Click on the Monthly Offerings page for additional programming each month or choose Track My Activities to log your participation.