



Children's Colorado-March Virtual Talk Opportunities

Fueling for Soccer: Eating for Practices to Tournaments

Monday, March 8, 2021

6:00-7:00PM

Zoom: <https://zoom.us/j/99816712169>

Work Life Balance-Virtual Talk

Monday March 15, 2021

12:00-1:00PM

Zoom-RSVP here:

<https://www.eventbrite.com/e/work-life-balance-virtual-talk-tickets-142298449493>

Learn how to lead a more balanced life with tips from Dr. Jenna Glover. We will also practice simple desk stretches and breathing exercises!

World Sleep Day- Virtual Talk

Friday, March 19, 2021

12:00-1:00PM

Zoom-RSVP here:

<https://www.eventbrite.com/e/world-sleep-day-virtual-talk-tickets-143353613517>

Sleep plays such an important role in your health and well-being. Are you practicing healthy sleep habits? Join us to learn more!