

# MIIA WEBINAR BUFFET

Complete at least 7 of 12 monthly webinars, answer quiz questions, and comment on your take-aways to earn a \$50 gift card!\*

– SEPTEMBER 2020 through AUGUST 2021 –



## MAY WEBINAR:

# The Power of Self Compassion and Resilience

Do you want to improve your quality of life and overall sense of wellbeing? Complete this month's webinar to nurture two life skills; Self-Compassion and Resiliency! People face all kinds of adversity in life and learning how to adapt well to life challenges pays off for a lifetime. Complete this webinar to learn various techniques that can help us nurture and grow our self-compassion and resilience, enabling us to thrive through life's ups and downs.

Available May 1st through May 31st

### Each month, you must:

- Watch the entire webinar.
- Answer 3 quiz questions about the webinar - you don't have to get them right.
- Leave a comment about your strongest take-away from the webinar.
- You must complete the above before the end of each month - no back-tracking!

Register today at [MIIAWinners.org](https://www.MIIAWinners.org) See page 2 for complete registration instructions

This is a **FREE PROGRAM** open to all MIIA employees and their spouses.

\* Only MIIA / BCBS subscribers are eligible for a reward.



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## Registration Instructions

1. Go to [www.miiawinners.org](http://www.miiawinners.org)
2. **If you have a MIIA Winners account:** **Log in first**, then follow the link in the user portal to enroll in this new program. **If you don't have a MIIA Winners account:** Use the "Proceed to Registration" button on the MIIAWinners home page.
3. Enter the Registration Code: **buffet2020** (case sensitive)
4. Fill out the registration information and submit.
5. Once you have registered, you'll be able to access the program from the MIIAWinners user portal.

