

# Overcoming Pandemic Paralysis

## Fridays, March 26 - April 23 -- 11:00 - 11:30 A.M.

We've been living through a pandemic for over a year now. Have you at times struggled to find motivation, connection and hope for the future? Have you felt defeated, deflated, or depressed?

**If so, you're not alone!**



In this webinar series, Family and Consumer Sciences Educators from OSU Extension will share strategies for overcoming pandemic paralysis and steps you can take to improve your physical, mental, and financial wellbeing.

### Topics will include:

March 26 - **Overcoming Pandemic Paralysis** – Shannon Carter  
April 2 – **Say Goodbye to #Quarantine15!** – Jenny Lobb  
April 9 – **Gardening as a Self-Care Practice** – Patrice Powers-Barker  
April 16 – **Sustainability at Home** – Courtney Woelfl  
April 23 – **Saving for Vacation** – Melissa Rupp

Register to participate in this free webinar series at [go.osu.edu/overcomingpandemicparalysis](https://go.osu.edu/overcomingpandemicparalysis).

*For more information, or if you require an accommodation such as live captioning to participate in this event, please contact Jenny Lobb at [lobb.3@osu.edu](mailto:lobb.3@osu.edu) or 614-292-7775. Requests made 10 day prior to the event will generally allow enough time to provide seamless access; however, the university will still make every effort to meet requests made after this date.*

