**Subject Line:** Magellan Bulletin – May 2023 Momentum Engagement Campaign and Webinars

**Email content is below.**

**Monthly Theme**

**Managing stress**

Modern life generates more types of stress now than ever before. Social scientists even point to “microstressors”— the countless uncomfortable intrusions on our peace of mind throughout the day—many of which we don’t even notice or acknowledge. Learn more in this month’s newsletter.

**Monthly Webinar**

**Managing Life’s Micro-Stressors | May 10**

Join this webinar to:

* Define micro-stressors
* Identify common sources and causes
* Describe techniques to manage micro-stress

[**Register here**](http://magellanhealth.adobeconnect.com/eqzqvky4bzcf/event/registration.html)

**Financial Wellbeing Monthly Webinars**

**Balancing Your Financial & Emotional Wellbeing | May 9**

Register here: [9 am PT](https://mysecureadvantage.zoom.us/webinar/register/8816661073259/WN_9_qpioyKTOaZRL9Z4iLKZg) | [12 pm PT](https://mysecureadvantage.zoom.us/webinar/register/4316661075872/WN_vAvd_ZpiT8-imCcYbo6YfA)

Stress is something everyone experiences. Financial and emotional strains are often simultaneous and can significantly influence your life. This webinar will walk through common financial and emotional challenges and offer tips on how to manage them, including getting assistance from professionals.

**Mortgage Basics | May 25**

Register here: [9 am PT](https://mysecureadvantage.zoom.us/webinar/register/1616661123433/WN_qihuQjcDQGajoWpQAzGszg) | [12 pm PT](https://mysecureadvantage.zoom.us/webinar/register/2116661128091/WN_pJq09Q9cTnSV6s4EbSt_UQ)

Obtaining your mortgage doesn’t have to feel overwhelming. This webinar will simplify the major components of a mortgage, explaining where to start and the requirements of various loan options. We’ll also examine interest rates, closing costs and the fees involved in getting a loan.