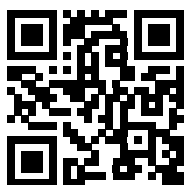




# Parenting with Your Best Self



Parenting is one of the most demanding and rewarding jobs. Get ideas on how to positively nurture both your family and yourself.

Register for this [live webinar](#) on Wednesday, August 9 at 1:00 pm CT to:

- Learn how to model positive relationships for your children.
- Gain skill in setting boundaries.
- Begin prioritizing self-care activities that make you a healthier parent.

*\*All live webinars are recorded and posted on your member website.*

Visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) or call your Employee Assistance Program at 1-800-356-7089 (TTY 711) for helpful resources.