

FINANCIAL SECURITY
PLANNING SERVICES, INC.SM



Wellness Webinars to Help You Reset This Fall

October 21, 2020

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When it comes to improving our physical and mental well-being, even a small change can make a big difference. I'm writing to let you know that Commonwealth Financial Network®, the firm we partner with to better serve you, recorded three webinars covering topics that included living with intention, managing stress, and improving nutrition. I wanted to share them with you as I thought you may find them interesting and helpful. Click on the links below to watch the webinars at your leisure, and let us know what you think!



Intentional Living: An "Awesome" Fireside Chat, with Neil Pasricha, author and TED speaker; moderated by Kol Chu Birke, managing principal, technology and corporate strategy, at Commonwealth Financial Network.

Neil Pasricha is the New York Times bestselling author of six books, including *The Book of Awesome* and *The Happiness Equation*. His first book, *The Book of Awesome*, was based on his blog, [1000 Awesome Things](#), which has scored more than 50 million hits and twice won a Webby for "Best Blog in the World," as awarded by the International Academy of Digital Arts and Sciences. As a speaker, Neil has delivered one of the [ten most inspiring TED Talks](#) of all time. He was joined by Kol Chu Birke, managing principal, technology and corporate strategy at Commonwealth, for a discussion on leading an inspired life that's truly awesome.

[Webinar link](#)

Available anytime until November 15, 2020

Harnessing the Stress Mind-Set Effect, with Kelly McGonigal, author, *The Upside of Stress*, lecturer, Stanford Graduate School of Business; moderated by Kol Chu Birke, managing principal, technology and corporate strategy, at Commonwealth Financial Network.

Stress is unavoidable. But is it always harmful? Stanford psychologist and award-winning author Kelly McGonigal, PhD, offers a surprising new view of stress—one that reveals its upsides. The latest science shows that stress can make us smarter, stronger, and more resilient. Stress can even help you connect with what you care about most and strengthen close relationships.

This session explores what makes stress good for you, as well as what you can do to get good at stress. Learn how to cultivate a mind-set that helps you thrive under stress and implement simple strategies for transforming the biology of your stress response to improve health and well-being.

[Webinar link](#)

Available anytime until January 31, 2021

Top 5 Wellness Themes for 2020 and Beyond, with Mark Pettus, MD, director, population health and community care, Berkshire Health Systems, Associate Professor of Medicine, University of Massachusetts Medical School; moderated by Maria Considine King, senior vice president, practice management, at Commonwealth Wealth Financial Network.

Dr. Mark Pettus is a triple board-certified internist, nephrologist, and integrative medicine physician practicing for more than 25 years. In this presentation, he reviews wellness themes, including blue light toxicity, circadian rhythm, gut biome, and more.

Dr. Pettus holds degrees from Boston University, University of Massachusetts Medical School, and Harvard Medical School. Dr. Pettus currently serves as the director of population health and community care at Berkshire Health Systems in western Massachusetts. He has authored two books; appeared on national television and radio programs; and launched a global podcast, The Health Edge.

[Webinar link](#)

Available anytime until January 31, 2021

Each of these webinars was previously recorded for a live virtual audience.

I look forward to continuing to work toward better serving you and your family.

Please let me know if you have any questions or requests. Thank you.

Sincerely,

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