



**NOVEMBER
2026**

MLE LIVE MONTHLY WEBINAR SERIES

LIVING WITH GRATITUDE

DATE: 11/11/2026

TIME: 1:30PM TO 2:30PM EST

In this seminar, participants will explore the latest science on gratitude and how it can help foster deeper, more meaningful relationships in all areas of life. Together, we'll examine research that empowers us to incorporate gratitude into both our personal and professional lives. This important topic shines a light on the complex relationships we navigate and teaches us how to focus on what truly matters. Participants will leave with practical tools to cultivate gratitude each day, enhancing their well-being and relationships.

Register for this event at:

[MercyEAP Login](#)

OR

[REGISTER NOW](#)

When creating a new account, use
company code: **MSU**



Our information, services and support programs are here for you with 24/7 access to help when you need it.