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Below is a list of the links and passwords to access this content.

2020 Conference Breakout Session #5 - 2 Lectures (3 CEUs)

SUBJECT	LINK TO VIDEO	PASSWORD
Stress and resilience: How to thrive when faced with multiple stressors -- Nicole Betschman, DHEd, MA, CHES	https://vimeo.com/user56971840/stress-and-resilience-nicole-betschman	NANP2020
The Brain-Body-Biome (How Mental Wellness Drives a Multi-Faceted Impact on Physical Health) -- Shawn Talbott, PhD	https://vimeo.com/user56971840/the-brain-body-biome-shawn-talbott	NANP2020