

Healthy Pleasures

- □ Healthy Pleasures (Saturday, 8:00 PM)
- **Behavior Change Made Simple(r)** (Sunday, 4:00 PM)
- □ Stress: Avoid, Cope, or Embrace? (Monday, 4:00 PM)
- **Rx: Healthy Sex** (Tuesday, 8:00 PM)

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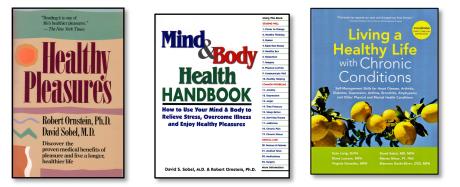
Video Lectures by David S. Sobel, MD, MPH

Healthy Pleasures: The New Science of Happiness

https://youtu.be/8rTkDWe0Zec

Behavior Change and Beyond Video Lecture

https://youtu.be/YpgI16SjZWY



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