



WELLNESS CONNECTION

A Healthy Space for a Healthy You

Wednesday, April 15, 2020

Speaker: Ashley Neuman, PCC-S

Location: Lerner, NA5-08

Time: 12:00pm – 12:30pm

Objectives:

1. Explore the impact that light, color, temperature, sound and scent have on your environment
2. Identify ways to control key components of your environment at work and at home
3. Discuss the physiological effects of having a healthy or unhealthy environmental space

*To watch live, please visit: <http://www.ccemployeewellness.com/wellness-connection-1>
All Caregivers are welcome to attend this presentation.*