



WELLNESS CONNECTION

The Importance of Work life Balance & Self Care

Wednesday, February 19, 2020

Speaker:

Erin Calvey, B.S.

Location:

Lerner, NA5-08

Time:

12:00pm-12:30pm

Objectives:

1. Explore what work-life balance is and how it looks differently for everyone
2. Identify ways to increase work-life balance including the practice of mindfulness and time management
3. Discuss how personal values impact decisions and commitment to prioritizing work-life

To watch live, please visit: <http://www.ccmpleeewellness.com/wellness-connection-1>

All Caregivers are welcome to attend this presentation.