



WELLNESS CONNECTION

Let's manage stress...effectively!

Wednesday, October 20, 2021

Speakers:

Erin Calvey, B.S.

Location:

Lerner, NA5-08

Time:

12:00pm-12:30pm

Objectives:

1. Examine a natural approach to better health
2. Identify techniques to help find your balance
3. Discover ways to change the way you feel

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