

WELLNESS@WORK

Maintaining a healthy perspective - all week long

Wellbeing Series: virtual workshops

Being well is more than eating right, exercising and getting enough sleep.

The Wellbeing Series is a six-week program that covers a variety of topics that strengthens our mental and emotional health.

Each session consists of a brief educational component, followed by an open discussion about the content and how it is applicable to our own experiences.

This is a drop-in style program. Participants are not required to attend all sessions. Workshop Zoom links are sent each week to those registered.

**The Power
of Emotion**

Stress Basics

**Mindfulness &
Self-Compassion**

Self-Care

Resiliency

Starting Wednesday, June 9, 2021 • 7pm-8pm for 6 weeks