



WELLNESS CONNECTION

Working through Prolonged Pandemic Predicaments

Wednesday, November 17, 2021

Speakers: Ashley Neuman, PCC-S

Location: Lerner, NA5-08

Time: 12:00pm-12:30pm

- Objectives:**
1. Examine the question “Are we still here?”
 2. Analyze how we have been affected
 3. Discuss strategies to improve anxiety, sleep and relationships
 4. Review resources and support

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