



Boost Your Work-Life Balance

Speaker: Erica Brown, MA, NBC-HWC, ATC

Location: Attend virtually at <https://www.ccemployeewellness.com/wellness-connection-1>

Date and Time: Wednesday, May 15, 2024 | noon to 12:30 p.m.

Objectives:

1. Recognize the importance of balance in achieving professional success without risking personal wellness.
2. Discover simple ways to integrate balance into daily life.
3. Explore actionable strategies to overcome common barriers to balance.

All caregivers are welcome to attend this presentation.