



Rise & Shine: Creating a Morning Routine That Sets You Up for Success

Wed., May 20 | noon - 12:30 p.m., EST

Speaker: Delaney Housos NTM, BCHN

Attend virtually: ccemployeewellness.com/wellness-connection-1

Objectives:

1. Identify why a morning routine matters and the key benefits.
2. Discuss how to create a simple, personalized routine with actionable steps.
3. Utilize habit-building tools to make it stick (habit stacking, prep, flexibility).

All caregivers are welcome to attend this presentation.