



Antidotes to Emotional Poisons of Daily Life

Speaker: Param Srikantia, Ph.D.

Location: Attend virtually at ccemployeehealth.com/wellness-insider

Date and Time: Wednesday, June 5, 2024 | noon to 1 p.m.

Objectives:

1. Acquire insights about building emotionally nurturing environments in our personal & professional lives.
2. Recognize invisible emotional poisons present in our environment.
3. Explore creative ways to maximize our enjoyment of life by generating healthy antidotes to the emotional poisons of everyday life.

All caregivers are welcome to attend this presentation.