



Healthy Habits for Increased Energy

Wed., Sept. 16 | noon - 12:30 p.m., EST

Speaker: Rebecca Sidders NBC-HWC

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

Objectives:

1. Explore how low energy affects your physical, mental, and emotional health, far beyond just feeling tired.
2. Discover how diet, exercise and other habits are related to your energy levels.
3. Identify realistic changes you can make to increase your energy.

All caregivers are welcome to attend this presentation.