

Wellbeing in the Workplace



Business Education Event

A More Mindful Workplace

All fields and careers are prone to stress. While self-care and stress management may come easy at home, we often forget to or intentionally forgo feeding our wellness in the workplace.

Join us as we dive into why managing our stress throughout our day can help prevent us from burnout and learn a few new ways to bring wellness into our workplace. This training will help groups and teams feel more comfortable exploring their wellness strategies and expressing their needs with one another.



Thursday, August 24th
2:00 P.M. - 3:00 P.M.
Virtual Event via Zoom

Please register to attend by clicking [HERE](#)
or visiting <https://bit.ly/450NeGK>



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