



Work, life and you Healthy You session

Feeling overwhelmed by everything life throws your way? Unsure how to balance it all? We get it. Let's take a closer look at how you can organize your time, prioritize what's important, and take control of your life.

In this session, you'll:

- Learn about stress and how it affects you
- Describe the basics of time management
- Assess how you're spending your time daily
- Discuss ways to manage your time better

We're offering two sessions on July 1, 2021. Just click one of the times to register.

11 AM ET

1 PM ET

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