OCTOBER Lunch & learn: REAL WORK/LIFE BALANCE

Many of us are in constant pursuit of work/life balance. Join us to learn new ways to view balance, along with handy tips, tricks and strategies to help you find <u>YOUR</u> balance!

Bring your lunch and join us to learn:

- Seven elements of wellness and the importance of balancing all aspects of your life
- What season of life you are in, to consider when to take on more or eliminate things from your life
- Appropriate ways to say no
- How chronic stress affects your life

presenter: Leah Szemborski, MS, LPC EAP Counselor

date: Tuesday, October 10

time: 12:00-12:45pm

location: Wood County Courthouse, Room 114

RSVP: Appreciated for room set-up: Wendy Young at 715-421-8437 or

wyoung@co.wood.wius

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Presenting Partners:



- Employee Wellness
- UW-Extension
- Healthy People Wood County
- Health Department
- Wisconsin Rapids Community Media

This event is open to the community!

It is part of the Wood
County Employee Wellness
Program. Employees can earn
100 wellness points for
Quarter 5.