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 YOUR 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.wi.us

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