How To Beat The Afternoon Slump

Presenter: Asia Bay, BS, CPT, CWP, CHWC; Aspirus Business Health

Are your eyelids getting droopy? Is that a yawn? Most of us have been there: a super-productive morning finishing projects, answering emails, and checking tasks off of the to-do list one-by-one when suddenly the clock strikes two and that sluggish, tired feeling sets in...the afternoon slump.

Bring your lunch and join us to learn:

- How eating the right lunch can boost your energy throughout the day
- Ways to utilize movement to keep alert and healthy
- How mindfulness can increase your focus and overall sense of well-being

Thursday, January 18
12:00-12:45pm
Wood County Courthouse
Room 114

RSVP: Wendy Young at 715-421-8437
or wyoung@co.wood.wi.us

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 1.

Presenting Partners:

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

An AA/EEO employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity by calling 715-421-8437 so that proper arrangements can be made. Requests are kept confidential.