

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