NOVEMBER Lunch & Learn: Cultivating Gratitude: A Path to Greater Well-Being

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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.

Thanksgiving serves as a powerful reminder that living a life of gratitude is one of the proven paths for greater contentment, peace and well-being.

Bring your lunch and join us to learn:

- The transforming benefits of gratitude
- 5 strategies for harnessing the power of gratitude to boost happiness, reduce stress and even improve your physical health

presenter: Dr. Richelle Hoekstra-Anderson, Clinical Psychologist & Certified Dream Builder Life Coach; Crossroads Renewal Coaching & Counseling

date: Thursday, November 16

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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