

WELL IN MIND

LUNCH & LEARN

MANAGING STRESS & WORK-LIFE BALANCE



A COMPLIMENTARY
MEAL AND
EDUCATIONAL
WORKSHOP ON HOW TO
REDUCE STRESS AND
IMPROVE YOUR
OVERALL WELL-BEING.

TUES, MAY 24, 2022
12 PM - 1 PM

300 RIVERSIDE DRIVE
CONFERENCE ROOM
BOURBONNAIS

REGISTRATION REQUIRED

IN-PERSON: REACH PORTAL,
EVENTS CALENDAR,
CLICK 5/24/22
VIRTUAL: EMAIL
LHOGAN@RHC.NET FOR LINK



WELL IN MIND

FREE. CONFIDENTIAL.
SUPPORT.
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