

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.wis*

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.