

# AUGUST lunch & learn: 4 STEPS TO CREATING BALANCE IN AN UNBALANCED WORLD

Do you feel like your life is out of balance? Do you wonder if a balanced life is even possible! Good news, it is!

Bring your lunch and join us to learn:

- What a life out of balance looks and feels like
- Four simple strategies to create more peace and balance in your life!
- That yes, it really is possible!

**presenter:** Dr. Richelle Hoeskstra-Anderson, Clinical Psychologist and Life Coach; Crossroads Renewal Coaching and Counseling Services

**date:** Wednesday, August 9

**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](mailto: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 4