

# WELLNESS AT WORK

Join us for a Webinar on May 20, 2014 at 11 AM PST

## You will learn:

- How to incorporate movement into your workday
- Strategies for managing stress
- Ways to stay on track with your goals
- Ideas to stay motivated
- How to use the EAP for support



## About the Webinar:

People are becoming increasingly aware that health and wellness matter. However, due to long work days, competing obligations, and high stress, people find it difficult to achieve wellness goals.

This webinar will focus on incorporating wellness into the workplace, where most people spend most of their time. The webinar will cover why wellness at work is important, tips on how to achieve wellness goals during your workday, and ideas to increase motivation.

### When:

Tuesday, May 20th, 2014  
11:00 AM - 12:00 PM PST

### Space is limited.

Reserve your Webinar seat now at:  
<https://www2.gotomeeting.com/register/314734578>

**REGISTER NOW**