

FINDING BALANCE

Life feel like you're on the wrong end of the see-saw? Trying to find a little balance?

When life gets a little off-kilter, it helps to have some different tools to bring more balance to specific areas of life.

What: A 45-minute conversation dedicated to helping bring more balance to specific areas of your life and set goals for addressing those areas that you want to focus on.

Who: All employees are invited to participate

When: March 19, 2021 at beginning at noon

How to attend: Click the link to join in this *live webinar or copy and paste to your browser:

<https://duluthmn.webex.com/duluthmn/onstage/g.php?MTID=eb76f525597f4f8fca2491d228c860d97>

**This session will be recorded for those who are unable to attend.*

Questions? Contact Wellness Coordinator, Angel Hohenstein, at 218-348-9428 or email ahohenstein@duluthmn.gov

