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.wius

An AA/EEO employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity by calling 715-421-8437 so that proper arrangements can be made. Requests are kept confidential.



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