




# 2021 TELEWORK WELLNESS Webinar Series



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**APRIL 21 • 12 PM TO 1 PM**

## Ultimate Balancing Act: A Healthy Work-Life Balance Working from Home

Work-life balance involves managing your work demands with those of your family, friends, and self. The ideal work-life balance is personal and achievable. Attend this workshop to learn how you can bring harmony between your work and personal life, the importance of stress management to maintain balance, and tips for self-care.

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