

U of G Women, Work and Wellness

What are your challenges to living and working well?

Friday, November 23, 2018

7:30 to 9:00 a.m.

Peter Clark Hall

7:30 am Networking

8:00 am Presentation on how emotions impact our wellness and sharing personal stories

8:10 am Reflection and facilitated discussion

Join colleagues from across campus for the second of six sessions to share wellness ideas and practices for working women.

RSVP by Friday, November 16 to [SURVEYLINK](#) or for more information contact Claire Alexander at Ext. 53098

