## U of G Women, Work and Wellness

What are your challenges to living and working well?

## THE POWER OF SHARING

Wednesday, January 27 3:30 – 5:00 pm



We all have stories to tell – significant life challenges we have faced, risks we've taken, changes we've made to improve our lives, lessons we've learned, and more and more and more.

Join us to hear from three women who will share their personal stories followed by small group discussions.

## Please <u>register</u> and join us <u>online</u>

Late additions welcome but it is helpful to know how many to expect.