



Creating a Healthier Life at Work and in the Community

Date / Time

Fri, Jun 14, 2024

1:00 - 2:30pm

Location

Virtual

It can be challenging to maintain balance every day at work and home. We know there is no such thing as perfection, yet there are ways to manage our worlds to prevent being overwhelmed by it all. The session will review the 8 Dimensions of Wellness along with personal planning resources that can be shared in the workplace and also as a community presentation.

Registration Information

[Click here to register](#)

[Register](#)

For more information about this YLI Calendar Event, please email yli@hhs.iowa.gov