

Please join us for a *Wellness@Work Lunch-and-Learn!*

KEEP CALM AND PRACTICE SELF-CARE

Thursday, April 11
Noon to 12:45
Homestead Aquatic Center



- What is self-care?
- Who has time for self-care?
- Helpful tips for a good night's sleep, boundary setting & time management
- How to practice mindfulness in everyday life

Presenter: Emma Granowsky & Stephanie Jarrell, UNC Family Medicine
MSW Students



Lunch will be provided!

Please RSVP to Liska Lackey by 5pm Tuesday, April 9 at llackey@email.unc.edu or 919-968-2796.



wellness @work
UNC HEALTH CARE | FAMILY MEDICINE
TOWN OF CHAPEL HILL

