

Please join us for a Wellness@Work book discussion on October 5!

WELLNESS BOOK CLUB

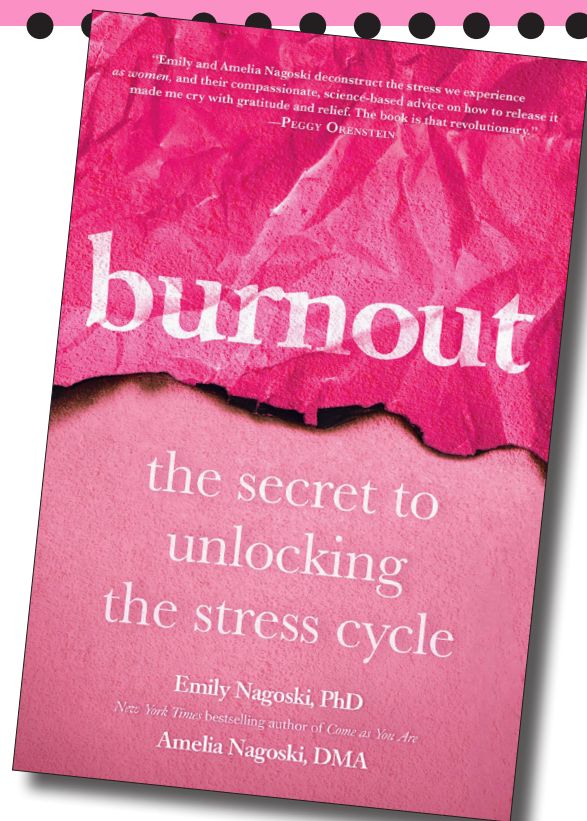
Burnout by Emily and Amelia Nagoski

Wednesday, October 5, 12 to 1pm
Join us wherever you are through
Zoom!

Join library staff member Maia James on Zoom to discuss the book *Burnout* and share our takeaways about sources of anxiety and stress and practical strategies for managing them. Even if you don't get a chance to read the book, we'd love to see you join us—your personal experiences are valuable for others to hear, and you can hear from the other participants about what they read. More voices make the conversation richer!

Problems accessing zoom? The library can loan you a laptop and hotspot, or you can come join Maia in the library to zoom together.

Email mjames@townofchapelhill.org for more info.



How to Get the Book

- Reserve your digital or physical copy from CHPL (all Town employees qualify for free library cards): <https://bit.ly/3QHylwE>
- Durham residents can reserve a copy here: <https://bit.ly/3pY6F01>
- Downloadable audiobook available from OCPL: <https://bit.ly/3ptNsTz>

Please RSVP to Liska Lackey: llackey@email.unc.edu.

Liska will send you the Zoom link.

chapelhillwellnessatwork.org

