



# Let's Talk: Well-Being At Work

Feeling overwhelmed?

Are your work and personal life getting out of balance?

All teammates are invited to register for this event to learn ways to boost happiness and discover how to manage stress.

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**WHEN:** Thursday, July 13, 12 - 1 p.m. (bring your lunch)

**WHERE:** Airport Center for Learning and Development, Bldg. K, CR 15  
5039 Airport Center Pkwy., Charlotte, NC 28208

**REGISTER:** [Register here](#) or on the Total Health Portal

## In this session you will learn:

- Techniques to become more resilient when you experience burnout
  - How to reshape your thinking to reshape your mood
- All the benefits available to teammates and family members through EAP

*Completion of this session qualifies for the \$100 LiveWELL Health Coaching Incentive*

For more information contact [LiveWELLEvents@CarolinasHealthCare.org](mailto:LiveWELLEvents@CarolinasHealthCare.org) or call  
704.355.8136



Carolinas HealthCare System

