



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: Tuesday, June 20, 1 - 2 p.m. (bring your lunch)

WHERE: CHS NorthEast, MAB 1, 2, 3
920 Church Street North, Concord NC 28025

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 Suzanne.M.Bird@CarolinasHealthCare.org or call 704.446.3053



Carolinas HealthCare System

