



# 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:** Monday, June 26, 2 - 3 p.m.

**WHERE:** CHS Union - Union Auditorium 1 and 2  
600 Hospital Drive, Monroe, NC 28112

**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

