



WELL-BEING

New Ways To Understand And Care For Your Well-being

Our well-being is complex and dynamic. In the midst of a global pandemic, the traditional ways we have considered our self-care is falling short. In this presentation, attendees will cultivate new ways to understand and care for their well-being, specifically looking at the roles of social connection and resilience.



The
Solutions
Group

Friday, May 7

11:30 a.m. - 12:30 p.m.

SAVE YOUR SPOT! CLICK TO REGISTER



Or copy and paste this url to your browser:

https://zoom.us/webinar/register/WN_XOwxVWVMTwWBXUVmey_gsw

1 SHRM PDC for attending this event.

Our guest keynote speaker, **Maggie Gough**, has over 15 years of experience in corporate wellness serving a variety of populations including grocery consumers, college students, employees, and human resource professionals. She has become a national leader in the industry, cultivating a pathway for a more holistic approach to health and well-being. She has recently joined WELCOA to offer her leadership more broadly and support the ongoing efforts of a stellar organization.

