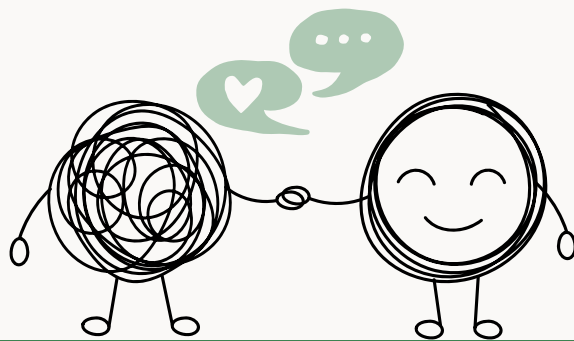


LUNCH & LEARN

FINDING YOUR BALANCE:

PRACTICAL TOOLS FOR WORK-LIFE &
MENTAL WELLNESS



REGISTRATION REQUIRED - LUNCH PROVIDED

SEPTEMBER 23, 2026
12:00 PM | SUNSHINE PLACE

- ☉ Strengthen Your Work-Life Balance
- ☉ Support Your Mental Wellness
- ☉ Find Balance in Everyday Life