



Human Resources
My Health Matters!



The County Women's Network in collaboration with My Health Matters and Beaver Medical Health Education presents Work Life Balance.



June 3, 2020 from 12-1 PM

Regain Balance

*During this **ONLINE CLASS**, you will learn how to manage your time and become more balanced in your day with work, workouts, nutrition, relationships and stress management. Don't miss out on your chance to regain balance and control in your own life!*

Please use the link below to RSVP

<https://sbcounty.webex.com/sbcounty/k2/j.php?MTID=t724a1e19c8a339596c90f3d22d53dcde>

The county women's network empowers individuals and foster the professional and personal growth of all who support CWN's values and objectives by providing participants opportunities to network, engage in workshops and community activities.