



Anthem's Resiliency in the Workplace Series

Join us for Part 5

Harmony & Balance

In this webinar, we look at what it takes to create harmony and balance for our life. Values clarification starts this process followed by looking at our daily, weekly and monthly routines that fuel the inputs and outputs of our wellbeing. Are these routines working in accordance with our values? Inputs include rest and restoration, and outputs include connecting and creating. Join the conversation as we learn how to pull this all together for better emotional, mental and physical health.

Presenter Stephany Sherry, Health Promotion Manager from Anthem BCBS.

*Note: This program is available to all employees.

Date: Thursday, August 18, 2022

Time: 12:30pm – 1:30pm

To register email Employee Wellness
at employeewellness@fultoncountyga.gov

