



## Building and Sustaining Healthy Habits

*Feeling busy does not have to equate with feeling burnt out!*

Take a few minutes to **invest in your health** and yield the returns in your life **in and outside of work.**

START LEARNING SOMETHING NEW TODAY!

- **Course Spotlight:** Try Something New for 30 Days (MATT CUTTS TED TALK)
- **Book Suggestion:** Atomic Habits by James Clear (WITH ACCOMPANYING COURSE)
- Ergonomics for Working at Desk
- Seven Habits of Highly Effective People

**Need help or have questions?**

