



Take Time for Wellness

If you don't take time for your wellness, you may be forced to take time for your illness.

Take a few moments to **invest in your wellness now**, and you will certainly thank yourself later.

START LEARNING SOMETHING NEW TODAY!

- Take a Screen Break
- Standing Yoga at Your Desk
- Cultivating a Workplace Culture that Values Mental Wellness
- The Well-Being Mindset

Need help or have questions?

