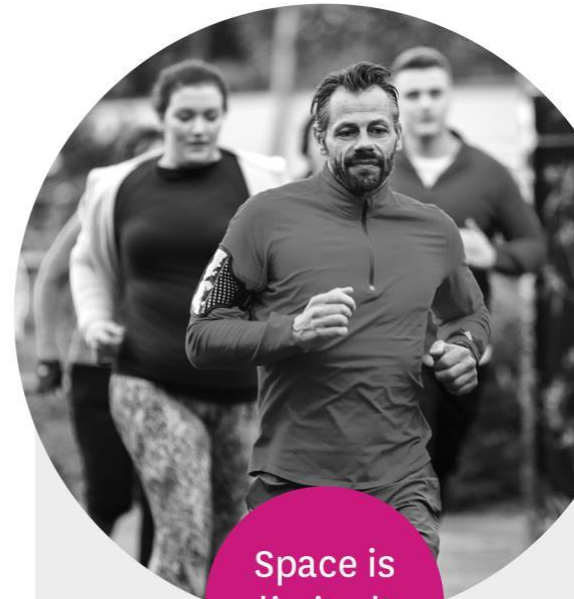


You're Invited to a Wellness Webinar!

April Topic: Work Life Balance

Finding the balance between work and life often feels elusive. In fact, “balance” might be the wrong term altogether. Instead, our lives are like a river, ebbing and flowing through the many stages of our life. Our priorities change throughout this journey we call life. Sometimes more time is spent at work and other times our home life needs more focus. In the webinar, we'll:

- Explore the term work-life balance.
- Discuss work-life integration strategies that help us “balance” those things we *must* do and those we *want* to do.
- Identify how our values, priorities, time management skills, boundaries, delegation, communication, self-care, and mindfulness are important tools that help us find our “flow” – true engagement in both our professional and personal lives.



Space is
limited!

Sign-up today!

Date: April 19, 2023

Time: 12:00 p.m. – 12:45 p.m.
Pacific Time

Location: Online
Webinar/Teleconference

RSVP:

https://centene.zoom.us/join/register/WN_0zj2MUPaS_a6TaU0Gj8lxEg

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