

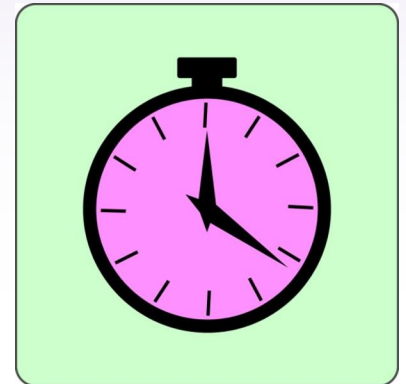
HP Living Well Community/ MMHG Wellness Webinar

Why We Rest: The History and Future of Work-Life Balance

September 9, 2026

1-1:30 p.m

Attend this FREE webinar from your computer, tablet, or smartphone!



Labor Day has its roots in the movement for safer, more humane working conditions. This session reflects on that history while exploring what work-life balance looks like in today's always-on digital world. Learn practical strategies for setting boundaries, protecting your time, and prioritizing your wellbeing at work and beyond.

No need to register in advance.

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