

HP Living Well at Home/ MMHG Wellness FREE Webinar

Work and Family Balance

Wednesday, May 15th

1:00– 1:30 p.m.

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



Balancing work and family is an art that many people are continually trying to perfect each and every day. Picture an image of the person at the circus balancing ten plates, and when one plate wobbles, they all fall down. This session helps participants use their resources to their advantage so that they feel less stressed and more able to balance the time they have for work and family.

No need to register in advance. Join the virtual workshop by clicking on the “Join this Session” link for the webinar at the Harvard Pilgrim Living Well at Home with Virtual Classes Website on 5/15 at 1:00 PM

<https://www.harvardpilgrim.org/myoptions/living-well-at-home-with-virtual-wellness-classes/>

You will be able to access this webinar immediately if you have Zoom downloaded on your device. If you have not downloaded Zoom, this link will take you to Zoom’s home page to download this tool.

This webinar is free and open to all.

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