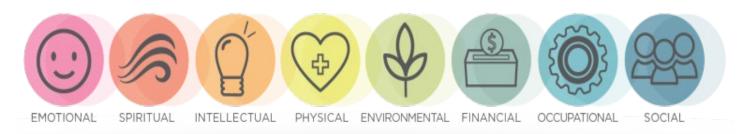


Ask Yourself Eight Questions Every Day

(One for each dimension)



The Monthly WellNYS Daily To-Do in February is to: "Explore the Eight Wellness Dimensions."

A wellness lifestyle includes practicing healthy choices within all the dimensions of well-being. Join us as we share information about each dimension and learn how they are all connected to each other.

This speaker will provide a wellness challenge to engage in for the month of February or attendees may choose their own challenge. All participants who attend the webinar live will be invited to a follow-up webinar on February 28, 2023.

Wednesday, February 1, 2023

12:00 noon - 12:20 P.M.

Presented by:
Linda Carignan-Everts
WLS Wellness Coordinator
NYS Work-Life Services

To register for this webinar

Go to https://meetny.webex.com/meetny/k2/j.php?MTID=t7c807e76c7dcff8ae01ceaab6f65d2d0



You will receive a confirmation email with instructions for joining the session. This session will be recorded and made available on the WellNYS Everyday website.

Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee wellbeing, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions: CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, and DC-37 and PNANYS. The Office of Employee Relations contributes on behalf of management/confidential employees.