

WellNYS Everyday Monthly Webinar **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.