



# Building Your Wellbeing

## CPS Lunch & Learn Series 2023-2024

Wellness Works and TriHealth EAP are teaming up to bring you a series of “Lunch & Learn” sessions throughout the school year. Each month, TriHealth will provide a virtual webinar designed to give you tools to improve your wellbeing and empower you to own your health! At the end of each session, participants will be given tips and tools to use on their own related to that month’s topic.

Held 12-12:45 p.m. every third Friday throughout the school year:

- **September:** Intro to Your Wellness Benefits
- **October:** Work-Life Balance
- **November:** Managing Holiday Stress
- **December:** Changing Your Habits (*Friday, 12/8*)
- **January:** Resetting your Diet
- **February:** Self Care
- **March:** Physical Activity: Start at the Start Line
- **April:** Coping Skills for Caregivers
- **May:** Organizing Your Life

Join us for the kickoff webinar in September. We will give more information about the series and your wellness programs.

To register, [CLICK HERE](#)  
or scan the below QR CODE:



For more information, contact your TriHealth Wellness Coordinator:

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This series is eligible for Wellness Works scorecard credit.

