

Healthy Living: How to Balance Work and School while Reducing Stress

A D-Well Workshop

Can't handle many tasks at once? Don't know how to establish a healthy work/school/life balance?

1

In-Person Workshop:

June 6, 2022

4:00 - 5:00 pm

Central Coast Outreach Office

36 Quail Run Circle, Unit #100-T

Salinas, CA 93907



AND

2

Online Workshop:

June 9, 2022

4:00 - 5:00 pm



<https://us02web.zoom.us/j/81786537099>

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