

Workplace WELLBENG

GENERAL CLASSROOM BUILDING RM 108

WORKSHOP SERIES:

- **Feb 17th at 4pm** – Stress Management
- **Feb 24th at 4pm** – Work-Life Centeredness
- **Mar 17th at 4pm** – Self-Care/Fitness Tips

Presenter: Marvin Price, Director of Strategic Community Initiatives

NO ADVANCE REGISTRATION

OPEN TO ALL



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FAYETTEVILLE TECHNICAL
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