

PLEASE JOIN US FOR

# WORK-LIFE BALANCE WORKSHOP

Discover practical strategies to manage stress, set boundaries, and improve your work-life balance. This interactive workshop offers tools to help you stay productive while prioritizing your well-being.

May 3<sup>rd</sup> & 17<sup>th</sup>  
9am- 10 am

WHITTIER WELLNESS COMMUNITY  
7643 S. PAINTER AVE.  
WHITTIER, CA 90602

Participants over the age  
of 18 will receive a gift  
card upon completing  
the workshop