

FINDING OUR

A Workplace Mental Wellness Approach

**Thursday, March 30
11 a.m.**

 **Veterans Hall 201 &
Livestreamed via Blackboard**

*Workshop presented by Counseling
Services and Career & Transfer Services*

This workshop will highlight ways to
help center yourself and find calm,
all while being productive
and motivated at work.

Please visit  owens.edu/FindingOurJoy
to join us via livestream, or scan the QR code.

