



Excelling at Work & Life

Work-Life Balance Webinar

Presented by TriHealth EAP

Wednesday, Aug. 18, 10 a.m. – or – Thursday, Aug. 26, 12 p.m.

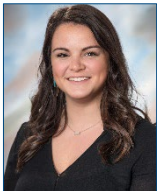
Achieving balance in life is not easy. The demands of our lives often seem to exceed our available time and energy. In this presentation, we will explore factors that contribute to imbalance, learn how to set priorities and stick with them, and develop self-care strategies for finding and maintaining a balance in our lives.

To register for this 60-minute webinar, please call 513 977 2165, email TriHealthEAP-CST@TriHealth.com or [register online](#).

Aug. 18 Webinar Presenters



Judi Gissy, LPCC, LICD, NCACII
Treatment Coordinator
TriHealth EAP

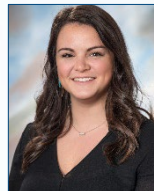


Kate Schlouch, MS
Wellness Coordinator & Health Coach
TriHealth Workplace Wellbeing & Fitness

Aug. 26 Webinar Presenters



Diane Mushaben, MA, LPCC-S
Treatment Coordinator
TriHealth EAP



Kate Schlouch, MS
Wellness Coordinator & Health Coach
TriHealth Workplace Wellbeing & Fitness



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