

WELLNESS WEEK

The Next Generation Wellness at Work & MCRPA will host two wellness workshops on May 8th & 9th, 2018. Get ready to learn a new recipe and learn some ways to manage stress effectively! Open to all who would like to attend!



MANAGING STRESS WITH MINDFULNESS AND OTHER TOOLS



Learn different mindfulness exercises that can have a positive impact on the way you handle stressful situations, in both your professional and personal life.

Tuesday, May 8th

Rockville Campus: GU 222-224

11:00am-12:30pm

HEALTHY COOKING



Get cooking tips and hacks that will make your life easier and healthier. Learn how to add a nutritious boost to your daily meals.

Wednesday, May 9th

Rockville Campus: GU 222-224

11:00am-12:30pm

Please RSVP by visiting:
<https://goo.gl/rur5iK>