



Join CVS Health for Lunch To learn how to manage and maintain wellbeing

Join our local leaders on
Tuesday, October 8th
from 11:00am - 12:30pm
in the Stark Learning
Center in Room #130

- **Learn** what steps you can take to feel in control when things feel hectic or chaotic.
- **Understand** how you can control your schedule instead of letting it control you.
- **Discover** best practices to better manage and maintain your own sense of wellbeing!

We are accepting registrations up until the day of the event, but we ask that you register as soon as you are able.

Scan the QR Code and say you'll join us!

We can't wait to see you!

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Stephanie Ameika

CVS Health, Licensed,
District Leader

