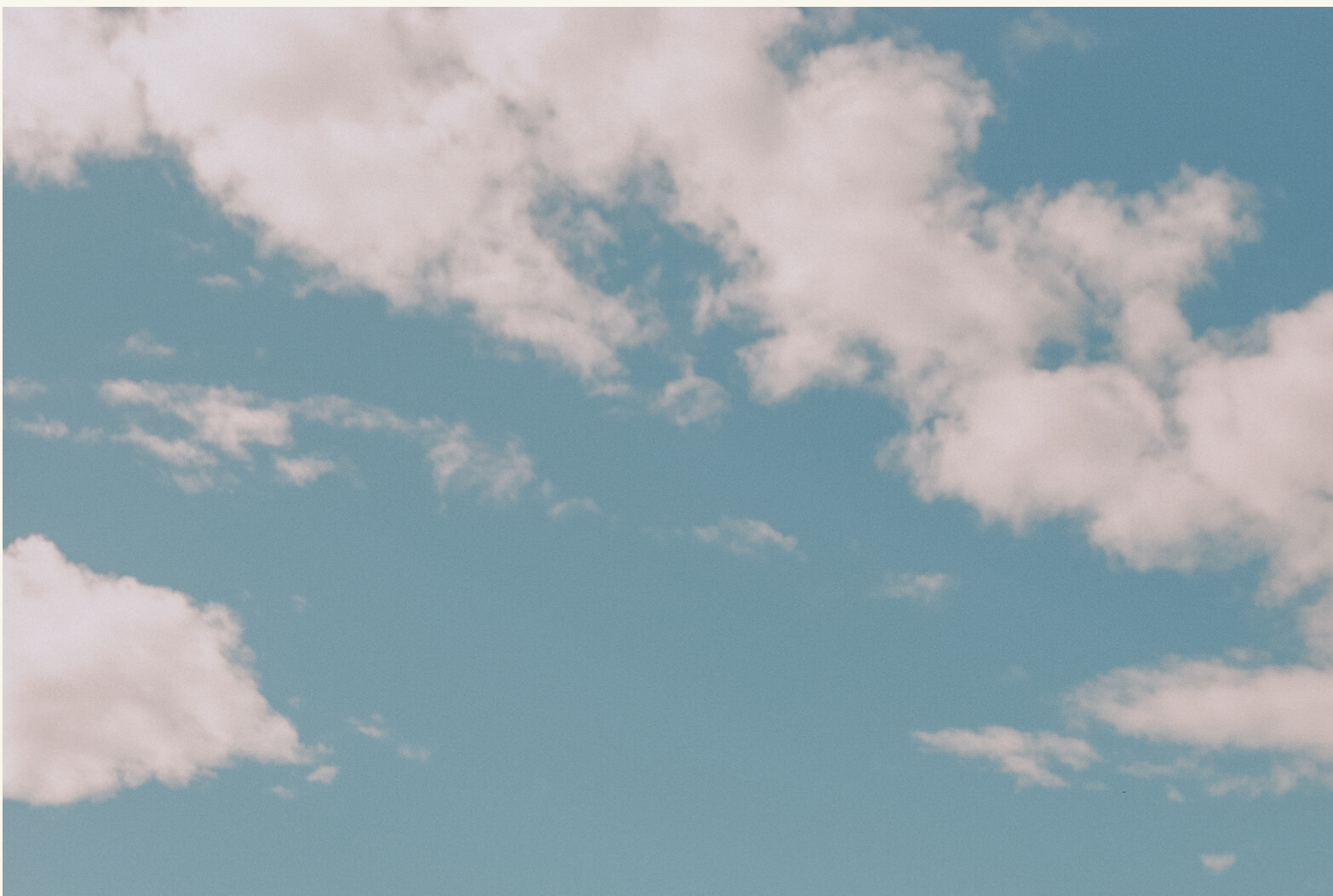


Health & Wellness

Finding Harmony:

Integrating Work and Life



WE HEAR YOU SAYING...

IT IS CHALLENGING TRYING
TO MANAGE MY OWN WORK
WHILE SUPPORTING MY
FAMILY MEMBERS AT HOME.



AN INVITATION TO ALL

FOCUS ON PRODUCTIVITY. RATHER
THAN THINKING ABOUT HOW MUCH
TIME WE SPEND ON WORK AND
PERSONAL LIFE, WE CAN FOCUS ON
HOW WE CAN USE THAT TIME MORE
MEANINGFULLY.

WORK-LIFE HARMONY

HIGHLIGHTS FROM THE VIDEOS:

- POTENTIAL BARRIERS TO WORK-LIFE HARMONY
- TIPS ON HOW TO SET LIMITS TO ENSURE WORK-LIFE HARMONY

LIFE AND WORK INTEGRATION

HIGHLIGHTS FROM THE ARTICLE:

- STORIES FROM 6 PEOPLE
- 3 PRINCIPLES TO WORK-LIFE INTEGRATION