



eNews

The education you need for the health you want

Join MCPS Well Aware and Cigna for:

Ultimate Balancing Act

A healthy work-life balance can be one of the biggest challenges we face. Come and learn how to find the right balance between the two.

Webinar

- **THURSDAY, AUGUST 28, 2014**
4:00–5:00 p.m.

PLEASE REGISTER for this seminar by e-mailing wellness@mcpsmd.org. After registering, you will receive a link to the webinar as well as an Outlook calendar reminder.

PRESENTED BY:

