MAKING LIFE A LITTLE EASIER...

GETTING THROUGH THE DAY

Lunch-N-Learn
Virtual Sessions
No Cost

MONDAYS in Sept.
11:00am cdt
12:00pm edt

Sept. 14th  Tired of Being Tired?* Six ways to beat chronic tiredness
Sept. 21st  Overwhelmed?* Tips to reduce stress and maintain balance
Sept. 28th  Family Chaos? *Finding routine in a new normal

Pre-registration is required.
Go to: bit.ly/GetThroughTheDay
Once registered you will receive a Zoom link for the live session as well as access to the recording afterwards.

Brought to you by your Southwest Indiana Purdue Extension HHS Educators-
"Community is Our Classroom!"

QUESTIONS? Email jgilreat@purdue.edu or call 812-897-6100

Purdue University is an equal opportunity/equal access/affirmative action institution. If you require special accommodations to attend, please notify contact person 5 business days prior to session.