

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](https://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](mailto:jgilreat@purdue.edu) or call 812-897-6100



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