



DVWCT and DVPLT Training Announcement

- Title:** **Balancing Work/Family/Life**
- Description:** Balancing your work and home life can seem impossible in our busy world. Feelings of guilt and turmoil are stirred by the demands of work and home, as well as the lack of personal time and time for family and friends. Through open discussion, this workshop outlines how to work toward attainable personal and professional goals, while reducing stress levels. It also offers effective workday tips for reducing discomfort and guilt, and successfully “keeping it all together.”
- Presenter:** Karen Rech, Health Advocate
- Schedule:** Tuesday, May 24, 2022
10:00 a.m. to 11:00 a.m.
- Location:** Virtual Presentation via Zoom – a Zoom link with instructions will be sent to registrants about a week prior to the class.
- Eligibility/Cost:** Open to DVWCT (Workers’ Comp) and DVPLT (Property & Liability) members at no cost.
- Deadline:** Two weeks prior to training date.
- Questions:** Contact cbigam@dvtrusts.com or (267) 803-5720.

Please register the following individuals:

Name: _____ Email: _____

Name: _____ Email: _____

Name: _____ Email: _____

Person completing form: _____ Email: _____

Name of public entity: _____ Phone: _____

Registration options:

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215-706-0895

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