

Health and Wellness presents



Occupational Wellness Wellbeing Workshop



In this workshop, we will explore the importance of aligning your career goals with your personal values, cultivating a healthy and sustainable work-life balance, and utilizing the many resources available through SUNY Empire's Career Services. Whether you are beginning your career journey, exploring new opportunities, or advancing in your field, you'll learn how to incorporate wellness strategies that support your professional success and overall wellbeing.

Friday, 11/6 at 12-1PM

[Join the meeting here](#)

Visit [Empire Connects](#) for more
information and to RSVP



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