

In this workshop,
participants will:

- Define your “purpose”
- Learn how finding meaning in your life improves overall health and wellbeing
- Use brainstorming activities to find what inspires you
- Develop a plan to pursue your passion

emotional health & wellbeing



Finding Your “Why”

When: Tuesday, March 29, 2022
12:00 PM to 1:00 PM PST

Virtual Event: Join via computer or mobile device at:

<https://event.on24.com/wcc/r/3680349/DE12A906AA6AAAE9F637071E97D8AA43>

- Registration is now available and will remain open through the end of the event.
- Participants can register and join the workshop via computer or mobile device using the link provided, no apps or plugins are required.
- Participants will need to join the event using latest version of Google Chrome, Microsoft Edge or Firefox – the session will not work in Internet Explorer.
- The webinar recording is accessible via the same Audience Link to join the session.

Facilitated by: Sue Saso, NBC-HWC, MPH, CPT

Workshop contact: Damiana Garcia, damiana.garcia@sanjoseca.gov

All employees are welcome!