Community Partners Join Us

HEALTH AND WELL-BEING INSTITUTE

Highlights of Taking Care of You

Explore ways to take better care of yourself and manage stress in weekly 45-minute Zoom sessions!

8 Week Program Starting Tuesday, July 14, 2020

Time: 7:30-8:15AM

Register Here: https://go.wisc.edu/sc56r5

After registering, you will receive a confirmation email containing information about joining the meeting.

Extension
UNIVERSITY OF WISCONSIN-MADISON

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