



# eNews

The education you need for the health you want

MCPS Well Aware and United Healthcare Present:

## Balancing Work and Family

Creating a work-life balance is important for all working adults. It can be hard to find and maintain this balance, however, particularly when so much of your day is devoted to work responsibilities. Health and wellness needs can wind up at the bottom of your to-do list.

Discover how proper planning will prevent overload and allow you time to dedicate to your health. The presenter will share time management techniques to help you start off the new school year on the right foot.

### Webinar

- **THURSDAY, AUGUST 29, 2013**  
4:00–5:00 p.m.

**PLEASE REGISTER** for this seminar by emailing [wellness@mcpsmd.org](mailto:wellness@mcpsmd.org)

PRESENTED BY:

