

# Wellness in the Workplace

*Virtual*

**Friday, September 30, 2022**

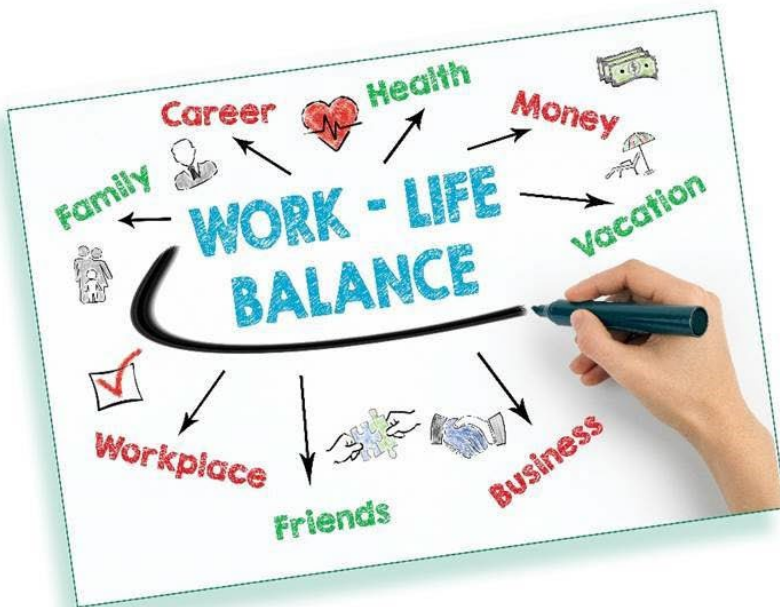
**9:00-11:00 am**

This virtual event is designed to offer insights into workplace influences that can impact mental well-being during times of change.

As a business owner/employer, you are faced with many more challenges as you provide for your employees at work and your family at home.

## But who is providing for you?

Learn strategies to reclaim your work-life balance while setting healthy workplace boundaries, effective conflict resolution approaches to address challenging situations, and effective self-care strategies to help manage emotional distress.



## Agenda:

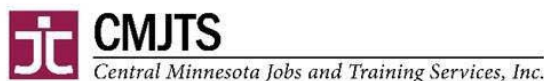
- 9:00–9:15 am Welcome and Introduction
- 9:15–10:30 am Presentation by Melissa Pribyl
- 10:30–11:00 am Optional Q&A

**Mark your calendar now and watch for more details in the coming months.**

For more information, contact Lori Kampa at [lkampa@cmjts.org](mailto:lkampa@cmjts.org) or register at: <https://tinyurl.com/mtrfbwtx>

## Presenter

**Melissa Pribyl, MSN RN**  
Community & Wellness Specialist  
CentraCare - Monticello



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Upon request the information in this document can be made available in alternative formats for people with disabilities by calling 800-284-7425.

Individuals with disabilities or in need of an accommodation should contact Lori Kampa at 763-496-5436 or [lkampa@cmjts.org](mailto:lkampa@cmjts.org) by September 1, 2022.

[www.cmjts.org](http://www.cmjts.org)

