DECEMBER
Emotional Wellness

In conjunction with our EAP vendor, the SJU Wellness Committee is pleased to be able to make available the following Webinar:

- December 4 at 2pm- Creating a Life Vision – Do you have a personal vision statement that guides you? Most often when we think of vision statements, we think of work. Participants in this seminar will discover how to develop their own personal vision statement that will help in providing guidance and direction in making choices in life.

Click on the name of the Webinar for a direct link to the registration. Once you register, an email will be sent to the email address you provided in the registration. Attendance is anonymous.