

Taking Care of YourSELF

February 22, 2024



Webinar Stats

14

**Participating
departments**

87

**Webinar
attendees**

**Overall
rating:
4.5/5**

What attendees are saying about this webinar:

“What I found most valuable about the class was that there was more information I didn't know about that I can use to help me get healthier.”

“Enjoyed learning about the different ways to change up the daily routines, seeing that there are other options that I wasn't aware of ”

**Webinar attendee \$100 Gift
Card drawing winner!!!!**



**Congratulations
Carolyn Caires
Department of
Human Services**

