



Shine
SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM

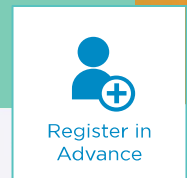
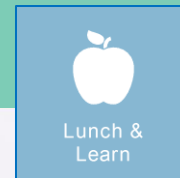


**Hamilton
Health
Sciences**



ShineHHS.ca

Lunchtime Session: *SUVIVAL COURSE:* *CREATING BALANCE IN YOUR LIFE*



Do you feel like you're constantly running on overload and "stretched to the max"? It's time to strike a balance in your life!

Most working people struggle with having too many demands in both their professional and personal/family lives. It's hard to decide where time and energy should be spent in order to be productive on the job, advance professionally, and remain caring, loving parents and family members. When people don't make adjustments, they often experience stress-related symptoms and dissatisfaction with their lives. There is a framework, based on time-honoured strategies, that offers a foundation for creating a meaningful life, rich in work and family life.

Participants will be able to:

- Identify personal strengths in balancing work/family life, as well as potential areas for improvement.
- Define "balance" as it relates to three areas of life.
- Identify areas of work/personal life satisfaction and learn tips for applying them in everyday life.
- Use strategies for dealing with multiple demands.
- Incorporate ways to increase self-care opportunities.

Mark Your Calendar!

Wed Oct 4	HGH	12:15 PM – 12:45 PM HGH Board Room
Thurs Oct 5	WLMH	12:15 PM – 12:45 PM Board Room
Wed Oct 11	KING WEST	12:15 PM – 12:45 PM Rm. 22-009
Thurs Oct 12	JHCC	12:15 PM – 12:45 PM JH A4-4 Auditorium
Tues Oct 17	MUMC	12:15 PM – 12:45 PM MUMC 3E26
Tues Oct 31	SPH	12:15 PM – 12:45 PM North Conference Rm

**REGISTER
TODAY**



Register
here:
shinehhs.ca



Email Jessica
galopoulos@hpsc.ca

ATTEND AND YOU COULD WIN A PRIZE!

EVENT BROUGHT TO YOU BY

Wendy Murdock
Employee Assistance
Program (EAP)

wmurdock@mohawkssi.com

289-426-5300

Wendy has over 25 years of professional experience, and has gained expertise in many areas, including marketing, change management, communications, systems development and integration, account and product management. Wendy has

held Senior Leadership positions in the Health Care, Recreation & Leisure and Education Sectors. Wendy brings extensive experience in consulting with customers and developing solutions to address organizational health and wellness.

Lifeworks

