



W E L L N E S S   W E B I N A R

# Make the Most of Your Break

## You deserve a break – yes, you!

Learn the concept of work-life integration, which is the updated and more accurate term for work-life balance. There is a strong correlation between restorative rest and productivity. Experience 5 different types of breaks that will leave you feeling more nourished and whole, rather than frittering away the time on something that drains you. Return from your break as a more refreshed whole-human being.

**Tuesday, Nov. 8**

**3:30 - 4:30 p.m.**

Register [\*\*HERE\*\*](#) | To get the on-demand recording, please register for the webinar.



Or, copy this link into your browser:  
[https://pfs-org-corp.zoom.us/webinar/register/WN\\_5jRzjjA1QRS8dt\\_5GlrZzw](https://pfs-org-corp.zoom.us/webinar/register/WN_5jRzjjA1QRS8dt_5GlrZzw)



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