

**WellNYS Everyday Monthly Webinar**

**Start and End Your Day with Positive Habits**



**Wednesday, June 14, 2023**

12:00 noon – 12:30 P.M.

A positive habit is something we repeatedly do every day that produces positive benefits. Join us as we share positive habits to start and end your day.

*Presented by:*

**Linda Carignan-Everts, EAP Wellness Coordinator**

**Jenifer Geiss, OMH Senior Recreation Therapist**

To register for this webinar

Go to

<https://meetny.webex.com/weblink/register/r2cdfdff21bc111a40dd2c338a9876c61>

You will receive a confirmation email with instructions for joining the session. This session will be recorded and made available on the WellNYS Everyday website.



Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee wellbeing, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions:CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, and DC-37 and PNANYS. The Office of Employee Relations contributes on behalf of management/confidential employees.