

# NEW! WELLNESS SESSIONS FOR YOU & YOUR TEAM

## INCLUDED FOR FREE WITH YOUR MEMBERSHIP!



### SUPPORT & RETAIN EMPLOYEES

Are you looking for opportunities to support the health and wellness of your organization and team? Your Bucks-Mont Collaborative, ICN or TCN membership includes four free sessions with Hive & Thrive open to all in your organization! **Please use these sessions to support your self-care and team, without having to pay for or organize wellness retreats.**

We know that many of us are struggling to retain and support our teams. These sessions can help!

### WHAT WILL THESE FREE SESSIONS INCLUDE?

Each session will explore one or two tenets of Positive Psychology PERMAV, and how to incorporate this information at an individual and organizational level. Sessions will include learning, discussion, and a variety of gentle, physical activities and meditation practices as a mini-retreat for the body and mind.

PERMAV: Positive Emotions, Engagement, Relationships, Meaning, Achievement, and Vitality

### WHO ARE THE FACILITATORS?

Hive & Thrive is committed to helping organizations find the tools for self-care needed to thrive. They apply the principles of positive psychology to support individual and organizational health, with their work at the intersection of Eastern philosophy and Western science.

**REGISTER NOW**



These sessions are open to all members. If you are not a current member, please contact the organization.



# self-care

### DATES & TIMES

2 Half-Day Sessions  
2 90-Minute Sessions

#### Attend the sessions that work for you!

- September 19, 9:00am-12:00pm
- December 8, 9:00-10:30am
- March 6, 9:00am-12:00pm
- June 11, 9:00-10:30am

[Click here for session descriptions!](#)  
[or visit <https://conta.cc/3OpDi2J>](https://conta.cc/3OpDi2J)



*Promoting a Healthier Community*  
**VNA FOUNDATION  
OF GREATER NORTH PENN**



Thank you to the VNA Foundation of Greater North Penn for sponsoring this series and supporting our sector's health and wellness!