Lunch and Learn:
Rest, Rhythm, & Renewal

As you get ready for the busy season ahead, remember to take care of yourself too. Simple, healthy routines can help you feel more balanced, manage stress, and have the energy to support yourself and others.

Free virtual workshop

Thursday

September 17th

12:00—1:00pm (central)



Routines and daily habits can reflect the well-being you encourage in your community.

Scan or click the QR code to register

Explore practical ways to support our wellness. Through guided reflection, interactive conversation, and shared wisdom, you can choose one meaningful practice to begin and sustain over the next 30 days.

For questions, email Anya Gordon at Anya.Gordon@aah.org

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