



ODL Well-Being Wednesday July Topics

July 7th:
"Tips for
Transitioning back
into the Office"

July 21st:
Summer
Safety

July 14th:
"Ways to Achieve
Fitness Goals"

July 28th
"Preventing
Burnout"

**Join us each
Wednesday at 12:00
pm EST via [Teams](#)**

Questions? Contact
Angie Jenkins at
ajenkins1@bcbsm.com
or 313.378.9965

- Health & well-being information, tips and resources
- Stretch break
- Guided meditation

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