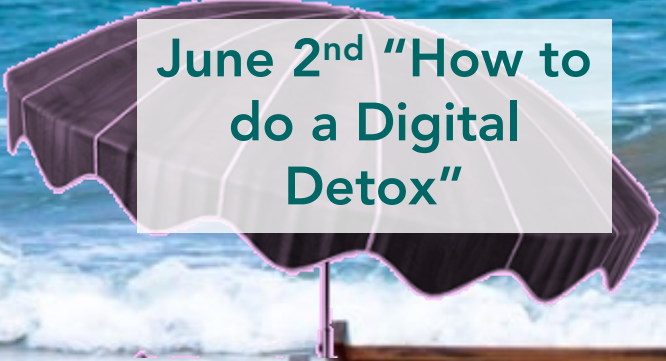


ODL Well-Being Wednesday June Schedule



June 2nd "How to
do a Digital
Detox"

June 9th

"Ways to
Improve Brain
Health"

June 16th

"Men's Health
Week"

June 23rd

"The Great
Outdoors -
Healthy Food
& Activities"

June 30th

"Tips for
Transitioning
back into the
Office"



12:00p
m
EST

Angie Jenkins
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313.378.9965



Join the
[Teams](#)
link