

A decorative graphic on the left side of the page consisting of several purple hexagons of various sizes and orientations, some overlapping, arranged in a vertical column.

WORKPLACE WELLNESS

HEALTHY LIVING FOR LEADERS

How does workplace wellness support your organization?

- Nutrition Awareness
- Enhanced Corporate Culture
- Chronic Health, Productivity, & Financial Stresses

[LaRachelle Smith](#) and [Chandra Livingston](#) have several years of experience in helping HR Professionals develop the interpersonal skills of their employees by facilitating training to help employees achieve the ultimate benefits of staying physically well in the workplace.

Thursday, October 29, 2020 10:00 a.m. – 12:00 p.m.

Workforce Solutions – Webinar

[Registration](#)



Workforce Solutions is recognized by SHRM to offer SHRM-CP or SHRM-SCP professional development credits (PDCs). This program is valid for 1 PDCs. For more information about certification or recertification, please visit shrmcertification.org.

For more information:

Workforce Solutions – Employer Service
713.590.2634



Agenda

Thursday, October 29, 2020

10:00 – 10:15 a.m. Sign-in

**10:15 – 10:30 a.m. Welcome – About Us /
Speaker Intro**

**10:30 – 11:30 a.m. Keynote Speaker –
LaRachelle Smith & Chandra Livingston**

11:30 – 11:45 a.m. Q&A

11:45 a.m. – noon Networking / Wrap-up

Workplace Wellness

How Does Workplace Wellness Support Your Organization?

- **Nutrition Awareness**
- **Enhanced Corporate Culture**
- **Chronic Health, Productivity & Financial Stresses**