

# TAKE 10 MINUTES

*for yourself with us*



All Racine County employees are invited to take 10 minutes for yourself with us. We will be coming together live via Microsoft Teams to let your shoulders drop and give yourself 10 minutes to exhale long and feel the stress dissipate. Invite your co-workers to join us too. Come as you are, wherever you are.

These sessions will include stress-reduction strategies like breathwork, easy stretches, mindfulness, and guided meditation. Benefits include improved mood, blood flow, reset your nervous system, and give you a boost of renewed energy (and tools) to take with you.

**Join us Thursdays in July:** July 6, July 13, July 20, July 27

**Time:** 12 noon CT

**Registration:** Simply accept the calendar invite.

**Coach:** Kiersten and Angie with AllOne Health Wellness Team