

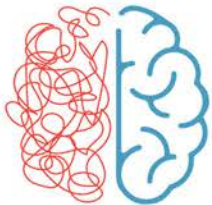


Thrive

WORKING FOR EXTENDED TIMES WITHOUT BREAKS CAN LEAD TO STRESS AND EXHAUSTION.

Movement breaks during your workday are essential for your physical and emotional health. Allowing yourself breaks refreshes your mind, reboots your brain and helps you become more creative. Thrive has teamed up with Technical Training and HR to bring you **BreakSanity**.

Join Susie Robinson from Thrive on Wednesdays from 3 to 3:10 p.m. and Fridays from 2:30 to 2:40 p.m. via Teams for **BreakSanity** to practice desk stretches and relaxation breathing exercises.



BreakSANITY

