

Mindful Gratitude

AND

Finding Peace

A *FREE* VIRTUAL WORKSHOP

September 30, 12PM CT

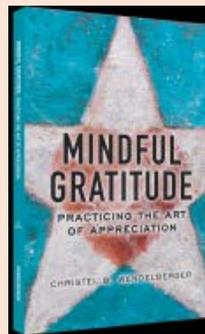
*"I love that the session focused on gratitude, not just mindfulness.
I look forward to reading the book!"*

— HR Professional, Baird Talent Development

Email benefits@uww.edu to sign up.

The first 35 people to sign up will receive a FREE copy of the presenters book *Mindful Gratitude: Practicing the Art of Appreciation*.

The first 50 people to sign up will receive a Mindful Gratitude journal.



Now more than ever, it is essential to care for your mental and emotional health. Join us for an opportunity to retreat, reflect, and recharge as we learn how to incorporate mindfulness and gratitude into our lives and work.

We will use research-based wellness principles to help you relax, reframe the stories of your life, and stay centered in a world that seems to be changing by the minute!

PRESENTED BY CHRISTEL WENDELBERGER

Christel B. Wendelberger is the author of the critically acclaimed, Mindful Gratitude: Practicing the Art of Appreciation. She is also the founder of Forward Communications, a Milwaukee-based firm specializing in strategic communications, executive coaching, fund development, and writing services for non-profit organizations.

