

# FUELING YOUR LIFE



*Well-being & Worklife Monthly Newsletter*

Curated for JHU faculty and staff to help you thrive at work and in your life.



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### What's in it?

- Wellness events and challenges
- Worklife programs to support you and your family
- Articles and resources
- Free live and recorded webinars
- Resources for physical, emotional, mental, social, and financial health

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