

MCPS Well Aware presents

Strategies for Time Management

In this seminar, we will discuss realistic strategies for more effective time management. Join us to review topics such as managing email clutter, finding and overcoming the roots of procrastination, and keeping yourself motivated.

- **THURSDAY**
AUGUST 25, 2022
4:30–5:30 p.m.
Webinar



PLEASE REGISTER for the webinar by emailing **Well Aware** at wellness@mcpsmd.org. You will receive a link in your Outlook email as well as an Outlook calendar reminder.

