

One Minute Techniques to Boost Productivity and Wellness

Wednesday, February 20th • 7:30 – 8:00 a.m.
127 E. State St., Gloversville • Large Conference Room

Tuesday, February 26th • 12:00 – 12:30 p.m.
465 N. Perry Street, Johnstown • Large Conference Room

Tuesday, February 26th • 3:30 – 4:00 p.m.
405 County Hwy 114, St. Johnsville • Conference Room

This program demonstrates the direct link between stress and productivity and provides tools to stop negative thinking, regain control of your time, and work more effectively with others. This program is taught by a certified stress consultant.

Register by contacting Michelle Peryea at (518) 775-5420
or via email at peryeam@thearclexington.org



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CDPHP members can earn up
to 10 Life Points® for attending.

CDPHP
members:
please bring
your member
ID card.

Lexington Wellness 
Take Care of Yourself to Better Take Care of Others

