



QUESTION:

ARE YOU FEELING STRESSED OUT DUE TO COVID-19? NEED MORE HOURS IN THE DAY TO COMPLETE DAILY TASKS? TIRED AND RESTLESS? MAYBE YOUR EATING HABITS ARE OUT OF WHACK?



NO WORRIES, YOU ARE NOT ALONE, WE HAVE THE PROGRAM FOR YOU LAUNCHING ON 10/5/20 AT 12:00 P.M.

JOIN US FOR

Balanced Living

PODCAST 

5 key element units and podcast dates of Balanced Living:

Time management- 10/5/20

Stress management- 10/12/20

Mindful eating-10/19/20

Physical activity- 10/26/20

Sleep- 11/2/20

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