



The Balancing Act of Life & Wellness

Thursday, March 16 • 12-1 p.m.

Edgewater Health • 1100 W. 6th Ave.

Ralynn Crockett, Chief Human Resources Officer, is Edgewater Health’s newest addition to the management team. Outside of her CHRO role, she wears multiple hats: sitting on several organizational boards, as a business owner/entrepreneur, consultant, travel agent, community mentor, youth advocate, softball mom and single mother which makes her an experienced presenter to discuss our next topic **“The Balancing Act of Life & Wellness.”**



After overcoming an overwhelming feeling of depression, uncertainty, and being unorganized, Ralynn learned the true importance and necessity of work-life balance. Having the ability to go from Super Mom to Team Mom, to Boss Lady, to Church Lady, to Coach, to Mentor, and back to Super Mom, without falling apart, is a task within itself. The most productive and healthiest individuals are those that are well balanced. Having the ability to become that type of person includes implementing a work-life balance which prioritizes the demands in one’s personal life at home, as well as the demands in the workplace. One of Ralynn’s goals is to encourage others to “find their balance” by assisting in helping them maintain good mental health and overall wellness.

This month’s wellness talk is being presented in partnership with **The Links Incorporated**.

Bonus Topic!
The Links Incorporated will cover eye health and its connection to overall wellness.



FREE EVENT

No registration needed! Join us for our Mind, Body & Spirit talks which will be held the third Thursday of each month. Stay tuned for a new topic every month!