



Achieving Work-Life Balance

Lunch & Learn

DOWNTOWN BUTLER
Presented by BC3 Workforce Development

BC3 is committed to advancing economic development and quality of life in our community. Enjoy lunch while learning useful and professional skills for the workplace offered through BC3 Workforce Development.

Cost: \$10 per person.

Seating is limited. Registration is required.



Register online!
Visit bc3.edu/lunch-learn

or call 724-287-8711, ext. 8476 for corporate billing.

Tuesday, November 12
11:30 a.m. to 1:30 p.m.

Location

Butler YMCA
339 North Washington Street
Butler, PA 16001

Instructor

Tabitha Reefer, Public Health Consultant

Topics

- Goal-setting for a balanced life
- Implementing healthy lifestyle habits
- The importance of sleep