



March 10, 2021 &  
March 17, 2021  
10:00 am to 11:30 am

Join Zoom Meeting

[www.Zoom.us](https://www.zoom.us)

Meeting ID: 815 7452 2886

Questions?

Jillisa Suppah

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# Wellness in the Workplace Workshop

The Native Wellness Institute, in collaboration with the Papalaxsimisha program, is offering a Wellness in Workplace workshop in two parts. This virtual training will include discussions on what is wellness in the workplace, characteristics of well workplaces, better understanding unhealthy behaviors and tools and strategies for self care.



NWI Trainer  
LoVina Louie



NWI Trainer  
Robert Johnston



Facilitated by the Native Wellness Institute  
[www.NativeWellness.com](http://www.NativeWellness.com)  
Sponsored by the Oregon Community Foundation  
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