



EMPOWERMENT HOUR

FUELING YOUR ENERGY:

RENEWING HEALTHY HABITS
FOR THE SECOND HALF OF THE YEAR

EXPLORE HEALTHY HABITS THAT SUPPORT:
PHYSICAL, MENTAL, AND EMOTIONAL
WELL-BEING!

TUESDAY
JULY 21, 2026
3:00 P.M. EST
VIA ZOOM

REGISTER FOR LINK



FOR MORE INFO

EMMA@CAREERCATCHERS.ORG

WWW.CAREERCATCHERS.ORG