

GET ACTIVE

Workplace Wellness

BE A LIFELONG

Learner

Learning new knowledge and skills can set you apart at work and help you live a more fulfilling life.

LEARN FROM OTHERS

Join online and offline groups related to your interests...



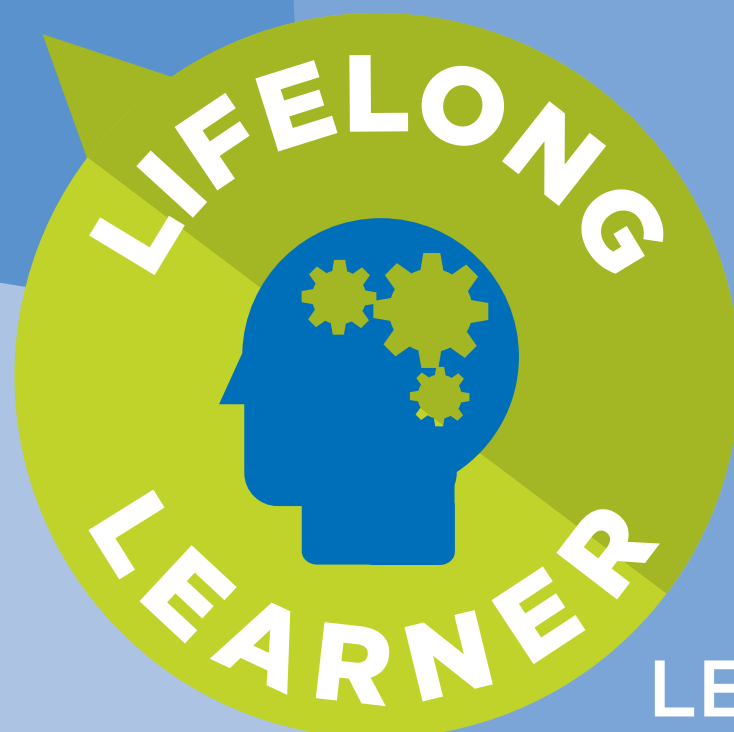
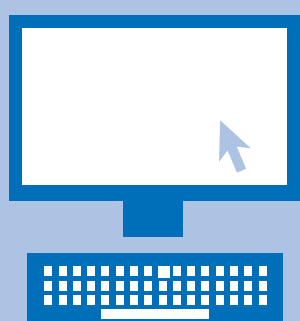
...By joining a group, you will fuel your interests and have the opportunity to ask questions.

LEARN FOR WORK



Learning to public speak can improve your life in countless ways and help you present more effectively in the workplace.

Learning advanced features on programs such as Microsoft Excel and PowerPoint can make you indispensable in the office.



Find a mentor in your field of interest.

LEARN FOR FUN



Use the first fifteen minutes of your morning as a period for education.



Attend local workshops and trainings to master a new skill.

YOUR LOGO HERE



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**GREATER DES MOINES
PARTNERSHIP**