

# Wellness and Well Being at Work: Empowering Employees to Better Manage Their lives

by: Allison Massari  
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A Virtual Presentation:  
May 25, 2022  
2:00 - 3:00 PM



The Rural Health and Primary Care Program, in collaboration with the New England Rural Health Association, is pleased to present renowned speaker Allison Massari.

In this moving and thought-provoking keynote, Allison Massari teaches her listeners to find peace, purpose, and happiness, and gives them the tools they need to rise above any obstacle. As the survivor of two life-threatening car accidents, and having suffered severe second and third degree burns on over 50% of her body, Allison reveals her personal journey from absolute loss, to forgiveness and understanding, and finally to a success and life beyond anything she could have imagined. Through the power of storytelling, Allison weaves humor, empathy, and potent life lessons, allowing the audience to study what she learned on each step of her path. You will hear and understand the answers to some of life's biggest questions. This dynamic and deeply moving speech fortifies audience members with a new vision and applicable tools for managing change and adversity.

The program will be tailored to all healthcare executives, practice managers and HR professionals.

Register by May 18, 2022 at:

<https://app.smartsheet.com/b/form/c7f8f8704f9a47f197ecb3c3dd0d9824>

*This virtual event is being brought to you by the Rural Health and Primary Care Program, a program of the Maine Center for Disease Control and Prevention.*



Questions? Contact:  
(207)287-5562

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