

Bloomington Chamber – Monroe County YMCA Corporate Retreat – Email Blast

Send date: Wednesday, March 30

Subject Line: Register for a free YMCA Corporate Retreat

Pre-header: Join us at the Northwest Y on Friday, April 8



Email image:

Email header link: <https://www.monroecountyymca.org/events/whole-health-whole-person-corporate-retreat>

Email copy:

Did you miss the first Monroe County YMCA “Whole Health for the Whole Person” Corporate Retreat? You have **another opportunity** to devote an afternoon to **stress management and mental health!** It’s more important than ever for professionals to focus on their **health and wellness** to prevent burnout, encourage a positive work environment, and improve team building. During the second retreat, guests will enjoy a free lunch followed by stress management and mental health workshops, breakout sessions, and fun activities to help them unwind. Here is the complete itinerary:

- 12:00-12:15 pm: Lunch
- 12:15-1:15 pm: How to Handle Stress in the Workplace, presented by Dr. Jason Winkle, CEO of Monroe County YMCA
- 1:30-2:15 pm: Breakout session - your choice!
 - 10-Minute Office Workouts
 - Tips from a Dietitian
- 2:30-3:00 pm: Leadership Development: An Intro to Elevating Your Team
- 3:00 pm: Tour the Y and have fun playing cornhole, basketball, and more!

The event is open to all Monroe County community organizations, and businesses can register as many guests as they like if space allows. To RSVP, **please send attendees' names and email addresses to Janet Stacy by Wednesday, April 6** at jstacy@MonroeCountyYMCA.org or call 812-961-2193.

Invite your whole team to join us! **Please note: If you attended the first workshop in February, the program will be the same.** We encourage you to invite other co-workers who missed the first retreat. We plan on expanding the series with new presentations in the coming months.

[Learn more and register](#)