

An Opportunity to *share* Appreciation,
celebrate Our Diversity and *facilitate*
Connections in our Industry.

March 7-13, 2021 Women In Construction Week



WOMEN IN CONSTRUCTION WEEK
March 7-13, 2021

McGough cordially invites you to our Webinar:
The Importance of Personal Wellness

HOSTED BY
McGough Women's Initiative

SPEAKERS
Kay King
National Alliance on Mental Illness (NAMI)

DETAILS
Tuesday, March 9th
3:00-5:00 PM

Janet McGough
Certified Yoga Practitioner

Staying healthy and well are top of mind for everyone these days, but did you know that your mental wellbeing is just as important as your physical wellbeing? Join McGough for *Minding Your Mental Health During COVID-19 by NAMI* to learn how to recognize and manage stress in your life. You will come away with a better understanding of mental health, a set of mental wellness tools and a list of professional resources. So register now - then take a deep inhale and slow exhale knowing you have just taken the first step toward improving your personal wellness.

All events are FREE but space is limited so get your tickets early! Register at www.eventbrite.com Search words "**MN WIC WEEK 2021**"

Presented By:

In partnership with



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NAWIC

The National Association of
Women in Construction