

# What to Do When You Have Too Much to Do

Do you feel like you have too much on your plate? Do you worry about how you can manage it all? Then join us for this 1-hour webinar that will explore and help address the “too much” dilemma that affects many people.

## Webinar Presenters:



**Kaitlin Cochran, MPH, CHES**  
Sentara Employee Assistance Program



**Megan Melvin, MPH, CHES**  
Sentara Health Plans Health  
and Preventive Services

Educators from Sentara Health Plans’ Employee Assistance Program and Health and Preventive Services teams are joining forces to share their expertise and will:

- discuss the challenges of trying to manage “too much”
- review the physical and mental impacts of the “too much” experience
- offer practical and easy-to-implement strategies for handling your “too much” in a way that supports your health and well-being



**Wednesday,  
October 23, 2024  
12:00 PM ET**



**Click here for  
the zoom link**

After registering, you will receive a confirmation email containing information about joining the meeting.