



# BALANCEDYOU



## Self-care Webinar

### **Vacation Mode: How to Truly Unplug, Rest and Recharge**

Please join Karla Clark of Balanced You and her guest panelist Anna Choi, CEO of SolJoy.

Thursday, July 31, noon to 12:50 p.m. Register at the QR code below.



Summer is here, vacations are planned, scheduled time off is in effect. But are you truly stepping away from the daily grind? Not sure? Don't worry Balanced You has you covered! Join us for a discussion with Anna Choi, CEO of SolJoy, who will teach us the real meaning of "unplugging", how to strategically plan and maximize time off, micro-mindfulness moments when you just need a quick reset, and the difference between vacation vs. rest.



**Anna Choi**  
CEO of SolJoy



**Karla Clark**  
Employee Health & Wellness Program  
Manager, King County Balanced You



**[KingCounty.gov/BalancedYou](https://KingCounty.gov/BalancedYou)**  
**[balancedyou@kingcounty.gov](mailto:balancedyou@kingcounty.gov)**  
**206-263-9626**