

Where do I BELONG?

Work-Life
Harmony

Protection
from Harm

Connection &
Community

Opportunity
for Growth

Mattering
at Work

Our workplace plays a significant role in our lives affecting both our physical and mental well-being. Let's start by exploring the transformative power of belonging and community. **Belonging matters.** It creates an environment where everyone feels **valued, respected, and supported.** When we foster a sense of belonging, we cultivate a thriving community that drives engagement, productivity, and overall wellbeing.



Contact **Linda G.** at wellnessconsultant@bellin.org or **920.436.8668** for more resources. For 24/7 health system access, go to bellin.org/contact or call **800.528.7883**.



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