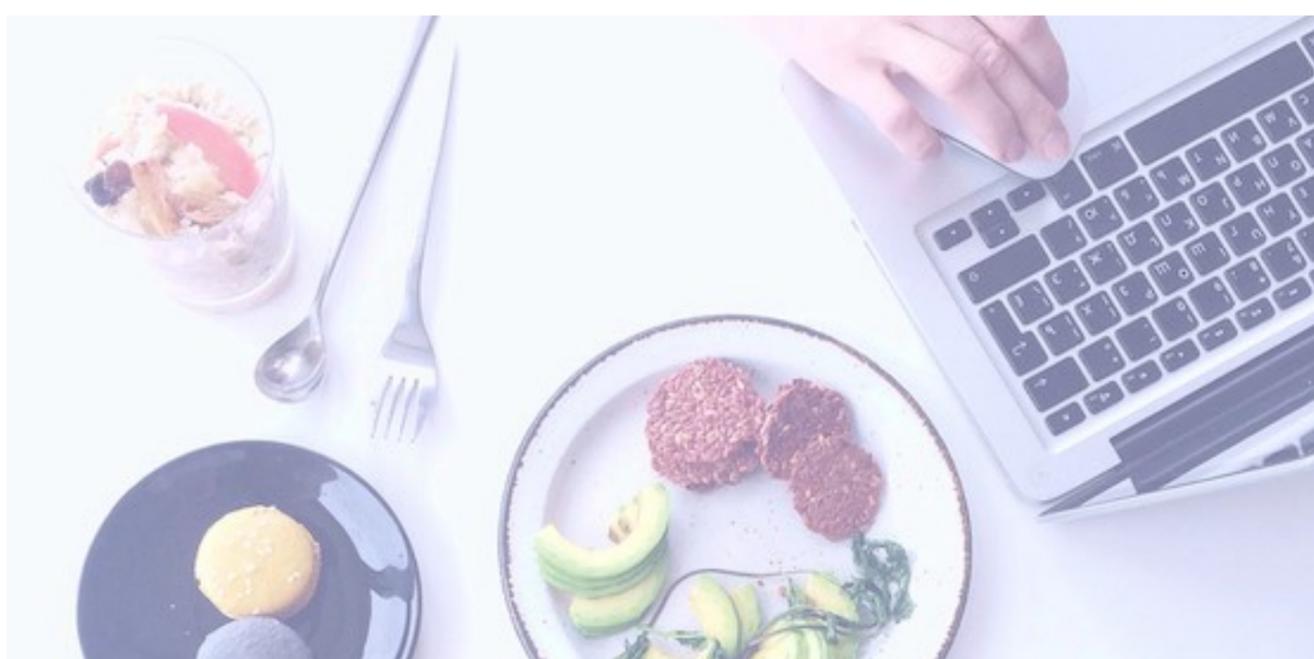




Business Education Services

Corporate Wellness Series: Leading a Well-Balanced Lifestyle



26th August 2021,

Thursday,

4pm to 5pm

Complimentary.

*Limited slots available.
Registration is required.*

Mobile working refers to doing work which is not tied to one's physical location. Does this sounds familiar?

With local COVID-19 restrictions, mobile working has become the norm for many of us. There are many upsides to this change - less travelling time wasted, more family bonding, more comfort working at home. But one change that might not be glaring is that the line between work and play has inevitably blurred.

Some might see this shift as a good thing while others might not. The crux is that it will affect our lifestyles no matter our willingness in the matter. So how can you strive to maintain this delicate balance between work and play, health and wealth?

In this webinar, our speaker will be sharing with you how you can continue living healthy while keeping up with today's mobile work requirements.

Key Learning Points

By the end of the session, you will learn:

- What is Health?
- Why is it so hard to stay healthy?
- How can you improve your diet easily?
- How do you sleep deeper and sounder?
- What can you do to manage stress?
- How can you be healthier at work?
- How to create powerful lifestyle habits?

About the Speaker



Benson Poh is a corporate wellness speaker, health and fitness coach. His passion is to enable individuals and employees achieve greater physical and mental well-being in all aspects of their daily lives. With more than a decade of experience, Benson draws on Science and Technology, a deep understanding of human physiology and the demands of the working environment to elevate the physical performance, health and well-being of corporates and individuals.

Do note that this webinar has limited availability.

Register now to reserve your slot today!

[Click Here to Register](#)

Or scan the QR code below!



You can also contact us at:
Email: meggie.ho@dnb.com.sg
Direct Line: (+65) 6439 6616

- Webinar will be hosted on Zoom •
- Participant will need to be logged-in into their zoom account before they can enter the webinar •
- All questions for the Q&A sessions are to be posted on the chat window •

More on how we can help you with [Business Education Services](#).

Follow us on social media to get the latest news and updates!



@dnbsingapore



D&B LinkedIn

Privacy and Unsubscribe Notice:

This message was sent from Dun & Bradstreet Singapore. Dun & Bradstreet Singapore honors individual preferences to receive information about D&B products and services. Please read our Privacy Policy. To unsubscribe from future emails and/or to update your email preferences, please email 'UN' to sender or dnb.marketing@dnb.com.sg.

© 2021 Dun & Bradstreet Singapore Pte Ltd.