

SEPTEMBER 2021

# Switch On to Being More Present

## ONLINE SEMINAR

### Reducing technology overload

Discover the keys to being more present and actively taking the time to digitally disconnect to spend quality time with those around you.

Always Available | Free | Confidential

Available under Online Seminars starting September 21<sup>st</sup>

WEBSITE: [www.myccaonline.com](http://www.myccaonline.com)

COMPANY CODE: CUNY

WHATEVER YOU NEED, WE ARE HERE TO HELP.

*Just call or log on to get started.*

TOLL FREE: 800-833-8707

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