



Thrive

HIT THE PAUSE BUTTON

Working for extended times without breaks can lead to stress and exhaustion.

Movement breaks during your workday are essential for your physical and emotional health. They refresh your mind, reboot your brain and help you become more creative.

Thrive has teamed up with the Department of Human Services to bring you **Hit the Pause Button**.

Starting Feb. 16, join Thrive's Susan Robinson on Tuesdays from 9:30 to 9:45 a.m. and Thursdays from 2 to 2:15 p.m. via Teams for **Hit the Pause Button** breaks to practice desk stretches and relaxation breathing exercises.

