

# MAKE A

# CONNECTION.

**How can you support a co-worker today?**

- Say “Hello.”
- Offer to help with a task.
- Hold the door open.
- Take a walk together.
- Recognize their efforts on a recent project.
- Invite a co-worker to lunch or coffee.

***Do you have ideas for employee social activity, networking or volunteer opportunities?***

**CONTACT:**



**Healthy Choices Count!**

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