



Workforce Issuance

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☐ Policy ☒ Information

To: Chief Elected Officials
MassHire Workforce Board Chairs
MassHire Workforce Board Directors
MassHire Career Center Directors
MassHire Fiscal Officers
MDCS Operations Managers

cc: WIOA State Partners

From: Alice Sweeney, Director
MassHire Department of Career Services

Date: April 21, 2022

Subject: **Refill Your Tank Lunch & Learn Series**

Purpose: To notify MassHire Workforce Boards, MassHire Career Center Operators, MassHire Career Center Directors, and other workforce partners of the Refill Your Tank Lunch & Learn Series offered by the Massachusetts Workforce Association (MWA).

Background: Join MWA for a 3-part learning series to Refill Your Tanks. The learning series consists of 3 half-hour lunch time workshops. Pam Victor of Happier Valley Comedy will guide participants through the workshops that will feature a selection of wellness practices to boost productivity, mindfulness, and well-being.

May – July 2022 Refill Your Tank Lunch & Learn Series:

Wed. May 18th, 12 - 12:30PM: Self-Care and Happiness Daily Habits for Busy People

- Click [here](#) to register for May 18th.

Wed. June 15th, 12 – 12:30PM: Gratitude in Minutes

- Click [here](#) to register for June 15th

Wed, July 13, 12 -12:30PM: Rest Management as Compassionate Self-Care

- Click [here](#) to register for July 13th

Follow the link [here](#) for workshop details.

Action

Requested: Please share with all managers and staff as appropriate.

Inquiries: Contact [Raija Vaisanen](#) for inquires.