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HEALTH & WELLNESS



Your Therapy Doctor™

Featuring
Dr Pauline Belton
Mental Health Specialist



Your Therapy Doctor
Monday at 9AM PST/12PM EST
June 27th 2022: Health and Wellness in the Workplace

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Monday at 9AM PST/12PM
EST on VoiceAmerica Health
and Wellness Channel

This episode speaks to Health and Wellness in the Workplace. A healthy employee is a happy and productive employee, and that is a goal. Join Your Therapy Doctor featuring Dr Pauline Belton, the Mental Health Specialist on the importance of your health and wellness in the workplace. Are you creating a healthy, well-rounded routine for balancing your work life and personal life? Work-life balance is essential to reduce stress, ensuring both individual and company success. The stress associated with an unbalanced lifestyle is costly; it damages productivity and increases individual health ri

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