

# Unplugged: Digital Detoxing

## ONLINE SEMINAR

### Disconnecting to reconnect

Find the reasons why we need to do a digital detox and learn practical steps on how to start incorporating it into your schedule.

Available under Online Seminars starting 7/19/22

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



JULY 2022

Always Available | Free | Confidential

**CCA**   
@YourService