



The CCR Fellows & Young Investigators (CCR-FYI) Association invites you to celebrate the 13th Annual



National Postdoc Appreciation Week!

FINDING YOUR BALANCE

Donut Social*

Come treat yourself! We “donut” know what we would do without you!

Monday, September 19th, 9:00-10:30AM

Frederick: Outside Bldg. 549 Café (inside, if inclement weather)

Bethesda: Outside Bldg. 37 (inside, if inclement weather)

Virtual Workshop: Manage Time to Find Balance

Learn ways to practice time management skills while being a postdoc.

Speaker: Prasha Dutra

Career and Confidence Coach

Thursday, September 22nd, 3:00-4:00PM

[Zoom link](#)

Popsicle Break*

Come to relax and cool off!

Friday, September 23rd, 1:00-2:30PM

Frederick: Outside Bldg. 549 Café (inside, if inclement weather)

Bethesda: Outside Bldg. 37 (inside, if inclement weather)

Please contact Shivallee Duduskar (CCR-FYI NPA Liaison) at shivallee.duduskar@nih.gov with questions or comments.

Supported by CCT Office of Training and Education and CCR Office of the Director

*Food was not paid for by government funds