Stress Management Workshop

Come and learn how to properly manage stressful situations which could improve your overall physical and mental health.

Receive tips on management practices, the use of helpful apps and learn tips on breathing.

Spring Workshop Dates
- Tuesday, 3/30 @12pm
- Thursday, 4/1 @10am
- Tuesday, 4/13 @1pm
- Thursday, 4/22 @10am
- Tuesday, 5/4 @1pm
- Thursday, 5/13 @10am

ZOOM
- Meeting ID: 750 248 9951
- Passcode: 040575