

FREE VIRTUAL WORKSHOP

Coping with Stress

4-week VIRTUAL sessions to learn about stress and how to gain better control of it.

Tuesdays
May 9, 16, 23 & 30
11:00 AM

Session 1
Mind & Body Connection

Session 2
Tuning into Your Body

Session 3
Tuning into Your Mind

Session 4
Improving Communication Skills

To register visit the link:

<https://tinyurl.com/2p8jvhfp>

or scan QR CODE

