

FREE VIRTUAL WORKSHOP

# Coping with Stress

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

Thursday  
Oct. 5, 12, 19 and 26  
6pm

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://forms.office.com/g/pmPdFy5NXZ>

or scan QR CODE

