

Free Webinar on Stress Management.

The session will be Wednesday April 29<sup>th</sup> 9 – 11 AM with a break half way.

Kate Downes & Brenda O'Brien will spend time helping people answer some of the following questions:

- How do you identify stress in ourselves and in others?
- What are the best things to say during stress?
- What should you do if a friend or colleague is under stress?
- How can you better deal with stress?
- What are stressors that set people off?
- Registration is easy to do on-line at the link below:
- <https://www.memberplanet.com/EMailCampaign/emailcampaignview.aspx?id=gvNR0r0xb98%3D%3A1931603%3AxHXKyt9uXf6n3TZW3QyH8A%3D%3D%3A104957%3AMnmjLaTU7%2Fs%3D%3Awarrensvt%2Fgmail.com%3A86xe878syAE%3D%3A%3A9JXk%2F11NFrE%3D%3AMichelle%3AIJPRmn7PbHA%3D%3AWarren%3AHmhCUXNWPxY%3D%3A2447879%3AC%2FuXPcsdKdismfRugCtH4GaTE6rsaCO9>
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