



Please Join Us in Celebrating Good Health!

**VIRTUAL STRESS MANAGEMENT &
RESILIENCY WEBINAR**

**HABIT MANAGEMENT FOR
A HEALTHY YOU**

JULY 1ST

12:00PM – 1:00PM EST

Learn about...

- Common habits that people want to change
- Using the Stages of Change Model
- Taking action and achieving sustainable results

[Click Here to Register](#)

To test the software prior to this workshop, go to: <https://zoom.us/test>

