



Please Join Us in Celebrating Good Health!

VIRTUAL STRESS MANAGEMENT & RESILIENCY WEBINAR

HABIT MANAGEMENT FOR A HEALTHY YOU

JUNE 12TH

12:00PM – 1:00PM ET

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>

