

Managing Stress Workshops

Alberta Healthy Living Program



Managing Stress 2-Part Education

This 2-session workshop is for anyone who feels stressed or overwhelmed stress and would like to learn how to reduce or prevent it.

Learning how to reduce or prevent stress can help you manage chronic conditions and improve mental health.

We will discuss:

- what stress is
- what causes it
- how it can affect your life
- ways to reduce & manage stress.



October 13 & 20	Tuesday Morning	10:00-11:00am
December 8 & 15	Tuesday Evening	5:30-6:30pm

For dates and to register:

1-877-349-5711

www.healthylivingprogram.ca



**Primary Care
Alberta**