

*Doon
Prize*

ZOOM Workshop
Stress

Management

Join us as we explore the importance of managing stress and building resiliency to stress. We will discuss ways to deal with stress and relaxation techniques that we can use to reduce stress levels.

December 1, 2020 • 12 PM

To Register:

https://us02web.zoom.us/webinar/register/WN_oxzKVtm1TyL_VSDvbXaGw

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