

The New Age of Anxiety and Depression: Navigating Consumers Through Stress During Chaotic Times

**WEDNESDAY, APRIL 27
9 A.M. TO 11 A.M.**



**THE FOUNDATION
FOR ENHANCING
COMMUNITIES**

This program is made possible through a grant from the Mechanicsburg Area Community Foundation, a regional Foundation of The Foundation for Enhancing Communities.



LIVE WEBINAR

Cost: \$10 2.0 Social Work CEUs

Baseline stress levels for many people have increased in recent years. In addition to personal and local stressors, we have all felt the effect of global stressors as well. This training will look at the cumulative effects of stress on mental and physical health. In an effort to mediate the effects of stress, the concept of resilience will be discussed as well as other models of intentionally reducing stress levels.

For more information or to register for this webinar, please visit: www.penncares.org and click on "Upcoming Trainings."