

STRESS MANAGEMENT

Wednesday, November 9, 2022
10:00 a.m.—12:00 p.m.



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LIVE WEBINAR

Cost \$10 2.0 Social Work CEUs
Discounts Available if Qualify

If you are struggling with chronic fatigue and unsure of why, please join us for this training. You will learn how to balance your own personal stress along with the stress of others. Join this informative session where we will define the different types of stress and discuss the impact of stress on your life. We will discuss and learn how to identify positive stress from negative stress. Participants will learn various techniques to better engage others under pressure while supporting loved ones who may be living with a form of paralysis. There will be tools participants can use which can be easily implemented immediately to begin to release high levels of stress.

For more information or to register for this webinar,
please visit: www.penncares.org