



ELLIS MEDICINE
Helping me be a
HEALTHY MEE

STRESS MANAGEMENT WORKSHOPS

In this one-hour session presented by Capital EAP, participants will learn strategies for controlling harmful stress, including the effect of stress on their physical well-being, how to identify stressors, strategies for managing stress reactions and preventative self-care. This training also includes an experiential exercise in deep breathing/muscle relaxation/guided imagery technique.



Stress Management Workshops are:

Date: Wednesday, December 7*

Time: 12pm - 1pm

Location: MSHC | Bonavita Room

Register: goo.gl/0k0UzD

* Space is limited, registration is required

Date: Tuesday, December 13

Time: 12pm - 1pm

Location: EH | Auditorium

Register: goo.gl/e6Swlk



If you have any questions, please email us at wellness@ellismedicine.org