



Please Join Us in Celebrating Good Health!

A Stress Management Webinar

MINDFULNESS FOR SLEEP & STRESS MANAGEMENT

DECEMBER 8TH

3:15PM – 4:15PM ET

Learn about...

- The relationship between sleep and stress for overall health and productivity
- Mindfulness techniques to promote more internal and external awareness
- How to unwind and prepare the body and mind for bedtime

[CLICK HERE TO REGISTER](#)

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