



Knocking Out Stress! Tips for Stress Management

Join us for our monthly Healthy Living Program webinar.

There is no doubt that we all have felt some level of stress, now or at certain points this year. No matter your age or circumstance, stress affects everyone. How you identify, and then manage, major and minor stressors in your life has a critical effect on your personal health.

In this month's Healthy Living webinar, Sabrina Pires will be helping us Knock Out Stress! She will explain what stress is and why it happens, how to manage and eliminate stressors and actions you can take to manage your stress. During this brief educational webinar, Sabrina will also touch on how stress affects our mind and body, and she will provide easy tips you can apply to become stress resilient.

Attendees can expect to learn:

- Different types of stress
- Negative effects of stress on our mind and body
- Ways to reduce and manage stress
- The benefits of positive stress
- Tips for becoming stress resilient

Your health is our priority. Mark your calendars and join us for this educational event!

Wednesday,
October 28th

12:00 PM PT

This is a Zoom event. You can participate from the comfort and safety of your own home.

No registration required. To join, simply access the link below on the day of the webinar.

Space is limited to the first 100 attendees.

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