

April is Stress Awareness Month

Feeling Stressed?

Join our webinars to learn
simple strategies for
managing personal and
financial stress!

All sessions will begin @11am

1

April 13:

Manage Stress—Before it
Manages You

2

April 15:

Relaxation Rx

3

April 20th:

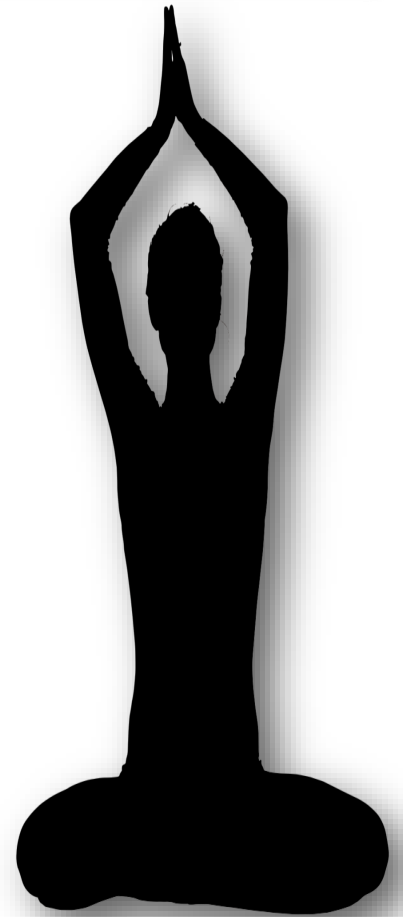
So You Think You Can Chill?

4

April 29th:

Master your Spending!

Visit www.tehw.org for the links to join!



Questions?

Contact us!

689wellness@tehw.org