


December EAP Webinar

Sponsored by: Wayne Corporation
Employee Assistance Program (EAP)

Strategies for Stress Relief



Everyone is stressed. The responsibilities of modern living can be overwhelming. But is it really possible to learn techniques and strategies to manage and relieve stress? Yes!

In this seminar, we will talk about the symptoms of stress, how they manifest in day-to-day life and ways to effectively manage stress. The goal of this seminar is to help every participant develop willingness to employ at least one new strategy towards feeling less stressed.

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