



Please Join Us in Celebrating Good Health!

MINDFULNESS FOR SLEEP AND STRESS MANAGEMENT

A Stress Management Webinar

April 28th

12:00p.m. – 1:00p.m. EST

Learn...

- The relationship between sleep and stress for overall health and productivity
- Mindfulness practices for managing stress during the day to promote restful sleep
- How to unwind and prepare the body and mind for bedtime

[CLICK HERE TO REGISTER](#)

To test the software prior to this webinar, go to: <https://zoom.us/test>



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