Managing Stress Part 2: How to Cope with Stress?

May 9, 2024
1:30-3:00pm MST

Join this session as it goes over how we can cope with, solve, and even prevent stress from building up, in our life.

Please note that this session will not be recorded or uploaded to our website.

Learning Outcomes:

- Participants will learn about techniques used to cope with stress
- Participants will learn ways to problem solve
- Participants will learn how to increase our capacity to deal with stress

Speakers:

Krystal Smith, coordinator in Chronic Disease Management within Alberta Health Services

Alberta Health Services
Alberta Healthy Living Program

Target Audience: Adults who want to know more about ways to manage stress

Please register for session at:
https://fntn.ca/Home/Register-VC?eid=21129

To access this session from *zoom*:
https://fntn.zoom.us/j/85719056188
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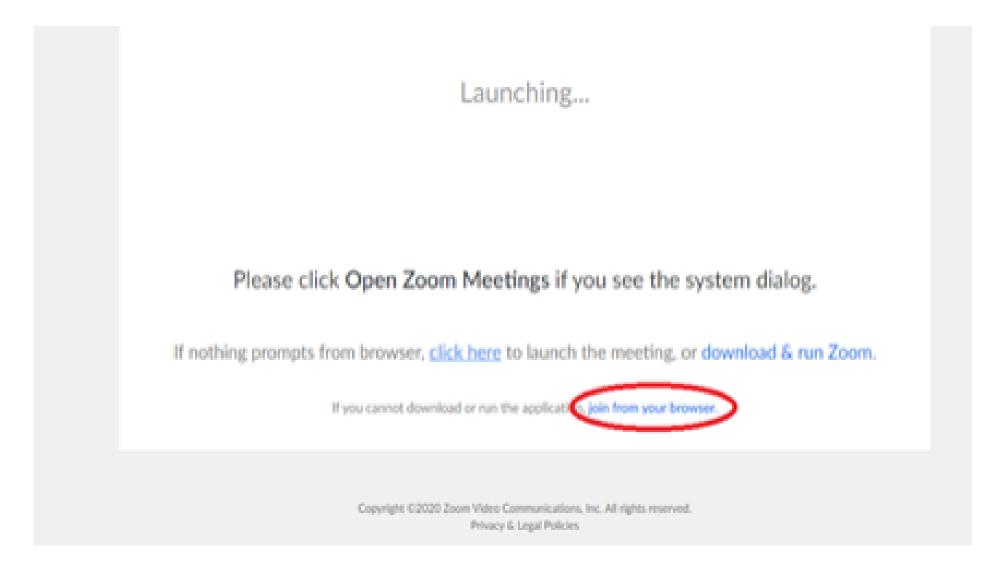   https://fntn.zoom.us/join

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