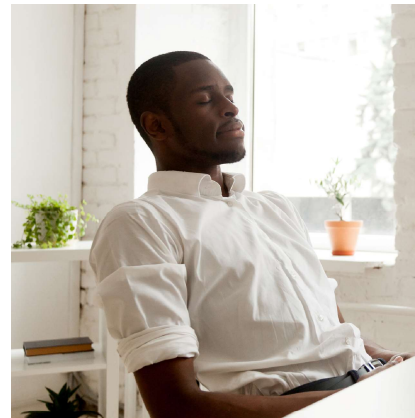
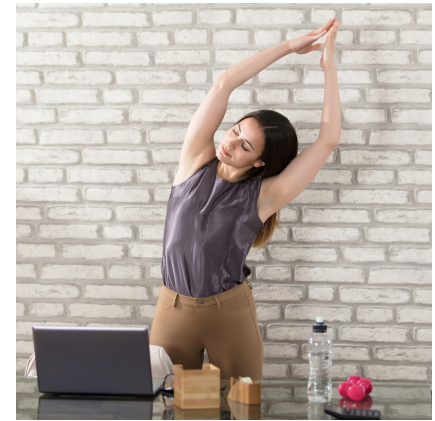
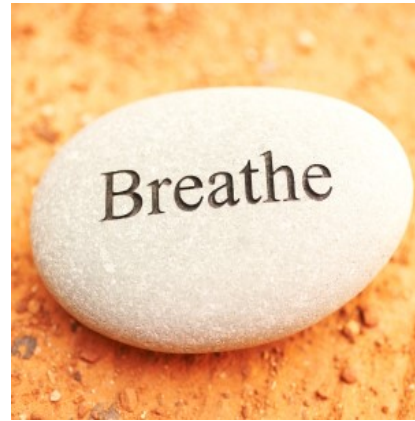


Need some help when it comes to stress?

Feel worried and unable to focus?

Experiencing tension, pain or stiffness in your body?

Join us November 1st



Join Meg Townsend of Prasada for a Wholebeing Workshop

Good Stress, Bad Stress

Making Stress Work for You



Friday November 1st, 12:00PM - 12:45PM and 1:00PM - 1:45PM

Join us at either time in the Back Conference Room in Portal B 2nd Floor-HR