



Give yourself a healthy boost

Take a convenient online class

Managing Stress

Date: July 23, 2024 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/4626837/DE37F050F9D64FA165819B3382303974>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Uncontrolled stress can impact health and job performance. In this workshop, participants will identify their sources of stress, its effects on the mind and body, and how constantly activating the “fight or flight” response can lead to burnout and health problems. Participants will learn strategies to build resilience.

For questions, contact: Jessica Houze, jessica.houze@fultoncountyga.gov

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