



Give yourself a healthy boost

Take a convenient online class

Managing Stress

Date: April 10, 2025 | **Time:** 12:00pm – 1:00pm

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/4862208/3CE60AE604AE10F5A9354A5C08D8B301>

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

For support, [click here](#).

Description : Identify sources of stress, its effects on the remind and body, and how constantly activating the "fight or flight" response can lead to burnout and health problems.

For questions, contact: employeewellness@fultoncountyga.gov

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