

Stress Management Training

Our workdays are filled with expectations of multitasking and increasing emphasis on efficiency and productivity. Tack on a culture of being "stressed," in which people falsely believe that if you aren't stressed, you're not working hard, and stress management and self-care can quickly become an afterthought. Discussing stress and mental health in the workplace can be difficult, but the benefits are worth the effort.

Join us in a stress management training to learn about stress reduction and gain mental-health-friendly activities to help yourself and your staff recharge, boost your mood, and increase productivity at work and home.

Hosted by: Living Well Ellenville & HealthlinkNY Community Network

When: Thursday, February 21
10:30 am – 11:30 am

Where: Ellenville Public Library
40 Center Street
Ellenville, NY 12428



How to register:

Contact Shanna Nigro

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