



NEW! Build a Stronger You Through Stress Management with Louise Doyle, Business Advisor

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Tuesday, March 5 at 11:00 a.m. Pacific (2:00 p.m. Eastern)

Many people identify **stress** as their **number one problem**. It is no surprise that in today's complex world we deal with stress in every corner of our lives. Therefore, it is critical for our own well-being to learn how to **manage stress and practice strategies** to maintain our physical, mental, and emotional health. In this session Louise will show you how to recognize the signs of stress and be better prepared to minimize or **reduce the effects** of stress in your life. This is a topic everyone can relate to, so be sure to sign-up early!



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