

ADDRESS STRESS

**What causes stress in your life? What makes you feel off balance?
What do you do to cope?**

Whether stressors are real or perceived they can still disrupt balance. Join in the conversation regarding life stressors and how to address them in a helpful, healthy way.

What: A 45-minute conversation dedicated to understanding stress and stress busting strategies

Who: All employees are invited to participate

When: February 10, 2021 at beginning at noon

How to attend: Click the link to join in this *live webinar or copy and paste to your browser:

<https://duluthmn.webex.com/duluthmn/onstage/g.php?MTID=e0d4c29d37d4ab8cf2538c7ad800ef8a9>

**This session will be recorded for those who are unable to attend.*

**Questions? Contact Wellness Coordinator, Angel Hohenstein, at 218-348-9428
or email ahohenstein@duluthmn.gov**

