



# Experiencing Stress Reduction

Feeling stressed, overwhelmed, anxious?  
Take 20 minutes to relax and unwind –  
you deserve it!

**Thursdays, 4:30-5:00 CST**

**August 5th-August 26th**

**This live webinar will include:**

- Deep breathing
- Guided imagery
- Progressive relaxation
- A brief time of teaching to help you learn to incorporate these techniques into your everyday life.

**"Stress is the trash of modern life-we all generate it but if you don't dispose of it properly, it will pile up and overtake your life." -Danzae Pace**

**Tension is who you think you should be..relaxation is who you are." -Chinese Proverb**

**Questions?**

**Contact: CareHere Health Coach/Social Worker, Elizabeth Nunley by  
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