

Jordan Health & Wellness presents

# Stress-LESS Seminar Series

Optional PD day workshops designed to help you unwind, recharge, and learn new skills

Come learn practical skills for managing stress in 4 key areas:

- **Money:** Take control of your finances to reduce stress
- **Mind:** Find inner calm with mindfulness and mental health strategies
- **Movement:** Re-energize your body with physical activity
- **Maintenance:** Learn how to prioritize self-care through a variety of skill development

**1:30-3PM on PD Days**

*Information and registration shared in JEM*

We will give you the tools and time you need to put new skills into practice!

