

HP Living Well at Home/ MMHG Wellness FREE Webinar

Stress Management: Transition, Change, and Uncertainty



Wednesday, August 3rd

1:00– 1:30 p.m.

Attend this FREE webinar from your computer, tablet, or smartphone!

We have learned in the last year that life can change in a moment and is filled with unexpected events and surprises, both positive and negative. Taking steps to reduce our stress and anxiety levels as we are coming out of the pandemic can help us interrupt negative thoughts and better cope with the uncertainties we face.

This webinar will remind us that we always have a choice about how we will handle transition. It will focus on coping with change and uncertainty, taking action on those things we can control, and reducing the stress of transition.

No need to register in advance. Join the virtual workshop by clicking on the “Join this Session” link for the webinar at the Harvard Pilgrim Living Well at Home with Virtual Classes Website on 8/3/2022 at 1:00 PM

<https://www.harvardpilgrim.org/myoptions/coronavirus-your-guide-to-care/living-well-at-home-with-virtual-wellness-classes/>

You will be able to access this webinar immediately if you have Zoom downloaded on your device. If you have not downloaded Zoom, this link will take you to Zoom’s home page to download this tool.

This webinar is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents.

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