

# HP Living Well at Home/ MMHG Wellness FREE Webinar

## **Stress: New Ways of Understanding an Old Problem**

**Wednesday, April 10th**

**1:00– 1:30 p.m.**

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



Develop a greater understanding of stress and uncover its hidden benefits! Take a look at the mind-body feedback loop and discover the impact of stress (and relaxation!) on our mental, emotional, and physical health. Gain insight into your stress reaction and learn an empowering new perspective that will put you in control, even when life feels out of control.

**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 4/10 at 1:00 PM**

**<https://www.harvardpilgrim.org/myoptions/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.**

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