

HP Living Well at Home/ MMHG Wellness FREE Webinar

# Take a Deep Breath



**Wednesday, May 22nd**

**1:00– 1:30 p.m.**

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

Sometimes all you need is to just take a deep breath! One of the quickest and easiest tools to manage our stress is to utilize our breath. This session goes over the physiological health benefits of using our breath, various breathing techniques as well as the importance of respiratory health and keeping healthy lungs.

**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 5/22 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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