

STRESS MANAGEMENT AND HEALTHY COPING FOR 55+: WEBINAR



In Collaboration with
Maximize Your Health

Wednesday, June 4, 2025 | 10:30 a.m. - 11:30 a.m.

Stress Less, Thrive More: Unlock the Power of Healthy Coping

This presentation outlines:

- Communication skills
- Depression and feeling blue
- Relaxation techniques
- And more



For more information, please email:
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