

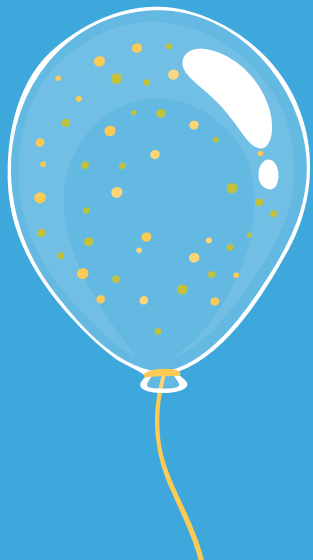
 Balance4Life Programs

# Managing Stress in Uncertain Times

Join Stress  
Management  
Specialist Meg  
Phillips as she  
talks about how  
to build your  
resilience muscle  
and get some AIR.



- *Acknowledge – these are difficult times*
- *Innovate – look for creative, inspirational solutions*
- *Relax – develop a regular meditation or relaxation practice, renew your focus*



**Tuesday 28 September**

**3.00pm-5.00pm**

Online via Zoom

To register please follow link:

**[www.trybooking.com/BTSVN](http://www.trybooking.com/BTSVN)**

