



Stress Management: Time to Unwind! (Live Online)

October 6, 2023
9:00 am — 10:00 am

PRESENTER:

McKenzie Schrack
The Employers' Association



Stress can be a literal lifesaver. **What happens when it's not?**

Join us for this solution-focused session as McKenzie explores simple ways to recognize, manage, and reduce stress in your busy life at work, school, and home. You will leave feeling energized with solutions to beat burnout and tools to de-stress on the go.

Register your team today!

Pricing

- List price \$70
- EA Member \$50
- Early Bird EA Member (register before September 22)..... \$40

Register online at www.TheEA.org

Or call the EA at 419-893-3000

Company: _____

Contact: _____ Phone: _____

Email _____

Address: _____ City _____ ST__ ZIP _____

Registrant 1 _____

Registrant 2 _____

Registrant 3 _____

Registrant 4 _____

Registrant 5 _____

*You may send a substitute at any time; however, no-shows or cancellations within 5 full business days of the program will be responsible for the full registration fee. The Employers' Association reserves the right to reschedule or cancel seminars if minimum requirements are not met.