

On the Road to Reducing Stress Webinar



December 8, 2022

11 am - 12 pm

Link to Register:

<https://tinyurl.com/OTRRS12-8>



For more information
contact China at
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337-436-2570 or
1-800-894-6558

The effects of stress are, well, stressful in themselves. Unfortunately this creates an endless cycle that we are ready to handle with appropriate supports and skills in place. We know that trying to juggle the demands of family, work, and life can be hectic. So, with this webinar we hope to promote self care, and help you recognize when things seem to be off balance while identifying ways to living your best life in spite of challenges thrown your way.

Guest Speaker: [Anastasia Armstrong, M.A.](#)
Mental Health Professional and
Owner of Armstrong Wellness

