



MANAGING CHANGE & STRESS

Attend this session and obtain skills to help better manage and maneuver through the dynamics of change and stress. Learn a technique that you can use to reduce your stress responses related to change. Experience a simple breath exercise which will reduce your blood pressure and help you feel like you just took a 20 minute nap. Engage in change and empower your personal and professional life with greater strength, energy & vitality!

Date: October 27, 2020

Time: 12:00 - 1:00 pm

Presenter: Victoria Davis

10 Points for Attending!

Register Here

To register, please include your full first and last name followed by your EIN Number (in the same box as your last name), your Pima County email address, and work phone number. If you use a different email, you may not receive points.

If you are unable to register in time, please view the webinar here
<https://webinar.anymeeting.com/320-168-451>

Questions? Contact welness@pima.gov



Per Administrative Procedure 23-30, employees are encouraged to attend Employee Benefits and Wellness programs, events and activities. Employees may be allowed to flex their time, where needed, and/or, at the discretion of the appointing authority, may be allowed a maximum of eight (8) BeWell hours of paid work time per fiscal year to attend these activities.