



STRESS LESS AND THRIVE

Workshop to build resilience,
enhance life balance and manage stress

Better You Stress Less and Thrive is a **5-week workshop** series for stress management. This is a unique opportunity for you to discover how stress is impacting you. You will also learn effective stress reducing techniques and relaxation strategies you can start using immediately. Participants can expect to build resilience, improve life balance and gain a more positive outlook through gratitude, kindness and humor. This interactive and engaging workshop will keep your attention and provide you with the skills to manage stress.

During the program you will:

- Discover effective ways to get things done
- Find time to do what really matters to you
- Tweak your life back into balance
- Practice relaxation strategies to feel better

Florida Blue 

BetterYou

Presented by Florida Blue and

Date:

Time:

Place:

Contact:

To register for the event, visit: