

**COMING SOON!**

# MANAGE STRESS Challenge

This **activity** will help you **reduce workplace stress** and learn effective ways to **manage stress**.

Sign up for **Manage Stress Challenge** begins on:

\_\_\_\_\_

**NOTHING TO LOSE BUT YOUR STRESS!**

The **activity** will begin on:

\_\_\_\_\_

And end on:

\_\_\_\_\_

Don't be left out! Join the **FUN!**

For more information about the **Manage Stress Challenge**, contact the coordinator \_\_\_\_\_

at \_\_\_\_\_