Make health and wellness a priority!
Free Stress Management Webinar

Participate in a one–hour stress management webinar from your desktop computer
Audio required, accessed via toll free phone conference call
Links and phone number will be sent out prior to presentation date

When: Wednesday, March 31, 1-2PM or
Wednesday, April 7, 10-11AM

Identify different types of stress
Understand the link between stress and health
Learn strategies that can be put into practice immediately

Register Today!

Email: **DHR-EmpWellness@state.vt.us**
or call 802-241-1535 with requested date
Facilitated by The State Employees' Wellness Program, Workplace Safety and CIGNA

The State Employees' Wellness Program
Celebrating 20 years of service
We're Here for You!