

# Managing Stress, Building Resiliency Workshop

Is stress impacting your work life and health?  
Join Invest EAP for a 1-hour workshop.

- Gain a better understanding of stress.
- Learn to recognize you are stressed.
- Learn stress management and reduction strategies to use in your daily life.
- Choose a stress management tool that you will use.

**Barre-August 1st**  
**11:30 AM-12:30 PM**

**The following workshops are 12-1 PM:**

**St. Johnsbury-August 9th**  
**St. Albans-August 24th**  
**Springfield-September 12th**  
**Morrisville-September 14th**

For more information or to register:  
<https://mybluehealth.bcbsvt.com>

Eligible employees can earn 30 point towards the  
2018 Wellness: *Your Way* Incentive Program

