

# STRESS MANAGEMENT

**Speaker: Amanda Lee, Social Worker -  
Carefirst Family Health Team**

- What is stress? What might cause it and how it affects you?
- How can we help ourselves to deal with the stress around us?



## **VIRTUAL WORKSHOP! ALL ARE WELCOME**

**Friday, July 31st 2020 • 11:15am – 12:30pm**

Workshop will be held in English.

## **Join through Zoom or Dial-in**

**For enquiries and registration, please contact  
Carefirst Wellness Club Hotline: 416-847-8939  
Email: [wellness@carefirstontario.ca](mailto:wellness@carefirstontario.ca)**

**AGOAC**

**"[Be Fit At Home](#)" Exercise Program  
available on YouTube and Zoom**

