



# Self Help + Virtual Workshops

Are you experiencing stress? You're not alone! Learn skills to cope with life's challenges in this FREE class series. A few minutes of practice each day are enough to improve how you feel.

For more information, contact Melanie Taylor, MSHS, Community Health Educator, at [mltaylor@carilionclinic.org](mailto:mltaylor@carilionclinic.org).

**Register by Jan. 25. Meeting link will be sent when you register. To sign up, scan the QR code, visit [CarilionClinic.org/Calendar](https://CarilionClinic.org/Calendar) or call 800-422-8482.**

**Attend all 5 sessions!**

Tuesdays,  
Jan. 27 – Feb. 24  
6 – 7 p.m.

**Virtual**

Hosted through  
Microsoft Teams



[CarilionClinic.org/CHO](https://CarilionClinic.org/CHO)

  
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