Self-Help +

Are you experiencing stress? You're not alone!

Learn skills to cope with life's challenges in this FREE virtual class series. A few minutes of practice each day are enough to improve how you feel.

Note: This is a virtual class. Once registered, a meeting link will be emailed to you.

Questions? Contact Melanie Taylor, Health Educator, at mltaylor@carilionclinic.org.

Fridays,
May 1 - 29
Noon – 1 p.m.

Virtual Workshop

Hosted on Microsoft Teams

Register by April 29. To sign up, call 800-422-8482, visit CarilionClinic.org/calendar, or scan the QR code:

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COMMUNITY HEALTH AND OUTREACH