

## **Stress Management**

Managing stress is an important part of keeping life balanced. We know that stress creates both physical and emotional strain on our body and mind. This workshop will focus on time management strategies to simplify life; optimism to increase joy and happiness; and leisure activities to provide rest and rejuvenation. Come and learn many techniques to better manage personal stress.

## **Living a More Balanced Life**

Many of us desire a more balanced life, but find it difficult to achieve and/or maintain balance in our fast-paced world. This interactive seminar will explore ways to help increase balance and create a plan to start making balance more present in your life.

## **Igniting Positive Change**

Are you looking to spark some positive change in your life? Maybe you have tried before or have just decided to make a new change. Many people struggle to make a change they know they need to make, but find creating change can be a challenging process.

Join this three part series designed to help jump start a healthy lifestyle change. This class is designed to be taken consecutively, so plan to attend all three classes.

*Class 1: Igniting Positive Change: Goal Setting and Understanding How to Make Successful Change*

*Class 2: Igniting Positive Change: Motivation and Tips/Tools for Success*

*Class 3: Igniting Positive Change: Maintaining the Spark and Celebrating Success*

## **Humor and Stress**

They say that laughter is the best medicine. In this presentation, we will learn about stress and explore how humor and laughter can help manage stress in a healthy way. Please bring a joke or funny story to share with the class and be prepared to laugh.