

# Stress and Resilience

Please join us  
for this 3- part  
series!

- Anxiety, Loss, and Grief
- Manage Change and Build Resilience through Self Nurture
- Healthy Habits, Nutrition
- Physical Activity and Sleep

## Details

**DATES:** March 4th, 11th, 18th

**DAY OF WEEK:** Tuesdays

**TIME:** 10:00AM-11:00AM

**LOCATION:** Presbyterian Santa Fe Medical Center  
Farmers Market Teaching Kitchen  
4801 Beckner Rd Santa Fe NM 87507

**TO REGISTER:** Use the QR Code below or call the Santa Fe County Cooperative Extension office 505-471-4711.

Register using the QR code or online at <https://www.prescommhealthclasses.com/book-online>



Class size is limited. Schedule is subject to change depending on minimum participant enrollment.



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