

STRESS AND RESILIENCE



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



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New Mexico State University



PRESBYTERIAN
Community Health

Stress and Resilience

Mondays, October 16th-November 13th
12:00 pm-1:00 pm

Presbyterian Santa Fe Medical Center
Farmers Market Teaching Kitchen
4801 Beckner Rd, Santa Fe NM 87507

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

To register call the Santa Fe County Cooperative Extension office 505-471-4711

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