

# Stress Reduction Academy WEBINAR



## REDUCE STRESS & Feed Your Second Brain

### James E. Porter

James E. Porter is president of StressStop.com, a company that has been providing stress management and resilience training over 30 years. Mr. Porter is the author and creator of many materials which include workbooks, training videos, hundreds of articles, and a weekly blog on stress management.

His work has been reviewed in medical journals, including *The Journal of Family Practice* and *The Journal of Cardiopulmonary Rehabilitation*. He has appeared on CBS MORNING NEWS. His articles on stress have been republished by *Forbes*, *Medical Daily*, *Apple News*, and *Inc.*

Thursday, June 11, 2020  
11:30 a.m. - 1:00 p.m.

You will be provided with the basics on how to cope with stress and become more resilient to improve your overall well-being.

Open to employees and family members.

### ALL ATTENDEES RECEIVE:

Smoothie demo • Strategies for coping with COVID-19 stress • Stress Stop resource • Participant packet

Registration required. Register by June 9.

<https://attendee.gotowebinar.com/register/198088421169678607>

Text **BRAIN** to 505-207-7801 for the registration link.



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BetterHealth

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