



Behavioral Health

behavioral health

Coping with **Life's** Challenges

Wednesday
June 10th
12:00 PM - 1:00 PM

City-County Building
Room 426
316 N. Park
Helena, MT 59623

Stress is a normal part of life that can either help us learn and grow or can cause us significant problems.

Attend this interactive and informative session to learn how to identify triggers of stress and simple techniques to reduce stress.

Don't let stress get the best of you. Register TODAY!

How to Register.

Please RSVP to **Morgan Maynard** at **406.447.8333** or **momaynard@helenamt.gov**.

Questions?

Please contact CareHere Health Coach, Andrew Edgar at **aedgar@carehere.com** or call **877.866.6430 ext. 586**.

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