



Don't let **STRESS**
get the **best** of **YOU!**

Monday

December 1st

12:00 PM - 1:00 PM

City-County Building
Room 426 • Helena MT

Stress Management

Chronic stress affects your mental and physical health in many ways and can lead to serious health complications.

Attend this interactive and informative session, led by your CareHere Health Coach, to identify triggers of stress and simple techniques to reduce stress.

How to register!

Please contact Morgan Maynard at MOMAYNARD@helenamt.gov.
or call 406.447.8333.

Connect with us, and learn more about CareHere!
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