

We invite you to participate in a  
Virtual Workshop on *How to Cope  
With Stress on the Job*.

*Date: August 27th*

*Time: 11:00 AM – 11:45 AM*

**It is Free to participate!**

If you would like to participate or have any questions,

Please contact your case manager:

Heather Lima

715-490-1217

lima@changewithin.net

They will sign you up to receive the calendar invite  
with the link to the virtual meeting.

We hope to see you there!