Join us for a course to reframe stress from a negative to a positive. We’ll identify your stress coping style, stressors, and recovery strategies to give you the tools to change the way you view stress. Participants will create their own personal stress profile, find their optimal stress zone and transform their lives through evidence-based strategies.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Webinar Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 9</td>
<td>10-3pm with break 12:15-1:15pm</td>
<td>Microsoft Teams Webinar</td>
</tr>
<tr>
<td>May 13*</td>
<td>7:30pm-midnight with break 9:30-10pm</td>
<td>Microsoft Teams Webinar</td>
</tr>
<tr>
<td>May 21</td>
<td>10-3pm with break 12:15-1:15pm</td>
<td>Microsoft Teams Webinar</td>
</tr>
<tr>
<td>May 28</td>
<td>10-3pm with break 12:15-1:15pm</td>
<td>Microsoft Teams Webinar</td>
</tr>
</tbody>
</table>

*Introducing new NIGHT and WEEKEND sessions!*

Important information!
- Classes are 10 am to 3 pm with a 1 hour lunch break from 12-1pm (except May 13th)
- There is no registration for these classes
- **"Click the link to sign into the webinar at the time of the class"**
- Set a reminder on your own calendar and save the course link there
- Employees will need Microsoft Teams to access virtual classes
- Paid time will not be available for online courses

RECEIVE POINTS

Eligible employees receive 20 wellness incentive points for completion of the course.

Family Option Eligible
Employees are welcome to have family members participate with them remotely

Clinical Credits
PEP program participants can earn credits for attending.

If you have questions regarding this program, please email
Gabrielle.Mielz@AdventHealth.com
EmployeeHealthandWell-being.com