

APRIL WELLNESS: MANAGING STRESS 2023



April 11
Fitness Connect
Community: Fitness to
Manage Stress
10:00 – 10:15 a.m. CT
[Registration Link](#)



April 13
Building Resilience &
Managing Stress with
Lacy Wolff, MS
10:00 – 11:00 a.m. CT
[Registration Link](#)



April 14
Get Fit Texas
Awards Ceremony
Webcast!
1:00 – 1:30 p.m. CT
[Registration Link](#)



April 19
Journey to Wellness
HealthSelect Benefits
Overview
10:00 – 10:45 a.m. CT
[Registration Link](#)

4 part series!
No registration required!



Every Wednesday
Yoga to Manage Stress with
Chris Young, Ph.D.
9:00 – 9:30 a.m. CT
[Every Wednesday in April!](#)



April 25
Nutrition Connect
Community:
Stop Shopping with Stress
10:00 – 10:15 a.m. CT
[Registration Link](#)