

APRIL WELLNESS OPPORTUNITIES: STRATEGIES FOR STRESS

2022



April 12
Fitness Connect
Community: Fitness to
Manage Stress

10-10:15 a.m. CT
[Preregistration Link](#)



April 13, 20, & 27
Yoga for Stress
Management,
a 3 Part Series

9-9:30 a.m. CT
[Zoom Link to Join](#)



April 14
Taking Control of
Financial Stress with
OCCC

10-11 a.m. CT
[Pre-registration Link](#)



April 20
Journey to Wellness
HealthSelect Benefits
Overview

10-10:45 a.m. CT
[Pre-registration Link](#)



April 21
A Life of Happiness &
Fulfillment
with Prof. Raj Raghunathan

10-11 a.m. CT
[Pre-registration Link](#)



April 28
Building Healthy Workplace
Relationships & Supportive
Culture
with LTC David Yebra

10-11 a.m. CT
[Pre-registration Link](#)