

# APRIL: YOUR STRESS TOOLKIT 2024



**April 4th**  
**Mindfulness: How it Works**  
**and Building a Practice**  
**with Lacy Wolff, MS**

10-11:00 a.m. CT  
[Registration Link](#)



**April 9th**  
**Fitness Connect Community:**  
**Movement to Combat Stress**

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



**April 11th**  
**Get Fit Texas**  
**Awards Ceremony**  
**Webcast!**

1-1:30 p.m. CT  
[Registration Link](#)



**April 15-19th**  
**5-Day Meditation Reboot**  
**Challenge: Relax, Reset,**  
**Reignite your practice!**

[Registration Link](#)



**April 23rd**  
**Nutrition Connect Community:**  
**Stress Free Grocery Shopping**

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



**April 25th**  
**The Sleep-Stress**  
**Connection**  
**with Lacy Wolff, MS**

10-11:00 a.m. CT  
[Registration Link](#)