

Virtual Mindfulness Toolbox **Preview**

Tools for Managing Stress More Effectively

The COVID-19 pandemic has increased stress levels for many. Interested in taking some time out of your day to learn better stress management techniques?

This will be a “**preview**” of a **3-session Mindfulness Toolbox** offered to employees who are interested in creating or improving their own mindfulness practices.

If you enjoy the preview you are welcome to join the Toolbox, scheduled for 11/5, 11/12, 11/19 from 12:00 PM-1:00 PM

*Led by Renita Riddick, EAP MSW Intern

Thursday, October 29th
12:00 PM- 1:00 PM

RSVP to receive Zoom Invite and Password: Renita.Riddick@apsva.us

