

4MIND4BODY

LUNCH AND LEARN

Session available via webinar. Pre-registration required.
Go to the Partners for Health [webinar webpage](#) for more information.

How to Slow Down

Wednesday, Oct. 8 from 11:30 a.m. to 12:30 p.m. CT



[GO TO THIS REGISTRATION PAGE TO REGISTER.](#)

This session takes a serious look at the factors contributing to the hectic pace of today's world and identifies why we feel so rushed. Participants will learn the benefits of slowing down and get practical suggestions for managing time and gaining control of the stress created by our environment.

Pre-registration is required. Session will be recorded and made available after the session.