



Mission Regional Medical Center

Stress symptoms may be affecting your health, even though you might not realize it. You may think illness is to blame for that irritating headache, your frequent insomnia or your decreased productivity at work. But stress may actually be the cause.

Topic: “Stress Awareness”

When: Thursday, April 28, 2022

Time: 2:30 p.m. – 3:30 p.m.

Please join us via Zoom:

<https://us02web.zoom.us/j/9904662781?pwd=SGVIL3JZRFV RdENzWXI5VUxFT1ZUQT09>

Meeting ID: 990 466 2781

Passcode: 833227

One tap mobile

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**Please register with Human Resources no later than
Wednesday, April 27, 2022.**