

Free Presentation

Navigating Stress



When: Thursday, October 3

Time: 5:30 pm

Location: NOCHS Community Room, 1061 S. Beacon Blvd, (Please use Four Pointes entrance.)

RSVP: Please reserve your spot by calling 616.847.5671

Mindfulness techniques are becoming mainstream tactics when dealing with stress, anxiety, depression and other ailments. Learn how taking five simple deep breaths reduces the stress response and enables you to navigate stressful moments and experiences in your life more easily. Monica Verplank, local Mindfulness teacher, will discuss what happens to your brain under stress, and will provide easy tips to help you get a handle on stress and help you cope with difficult situations.



North Ottawa Community
Health System