



health+wellness

take charge

Manage Stress Before it Manages You!

Stress can zap your energy and affect your daily quality of life. Find out the keys to managing stress in today's modern society.

Join us to learn about:

- How to identify stress-related symptoms
- How to categorize your stressors and when to take action or use coping skills
- Quick relaxation techniques

Date:

Time:

Location:

To sign up today, contact:



The CareFirst BlueCross BlueShield
family of health care plans.

An independent licensee of the Blue Cross and Blue Shield Association. © Registered trademark of the Blue Cross and Blue Shield Association. ®' Registered trademark of CareFirst of Maryland, Inc. This wellness program is administered by Health Fitness Corporation, an independent company that provides health improvement management services to CareFirst and BlueChoice members.