

# TRS-ActiveCare TAKING CONTROL OF YOUR STRESS



Tune in to a wellness webinar created just for you! This presentation about Taking Control of Your Stress will cover:

- causes of stress
- effects of stress
- mood, food and stress
- stress management tips

Register Today  
Wednesday, April 23, 2025

Click or scan here for  
7 a.m. - 7:45 a.m.



Click or scan here for  
Noon - 12:45 p.m.



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