



Stress and Mindfulness

Join certified Health Coach Todd Gulizia as he helps to define mindfulness and understand its role in stress management, eating behaviors, and physical activity.

Stress and Mindfulness
Friday, April 21
12 p.m. - 1 p.m.

Register Now

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

