

Self-Care and Wellness

Riverside University Health System – Behavioral Health
Prevention and Early Intervention

Free Virtual Presentation

To register please follow this link for available dates and times:

<https://www.eventbrite.com/e/self-care-and-wellness-tickets-119695096255>

**For any questions please e-mail PEI@ruhealth.org
or call (951) 955-3448**

This 2-hour presentation will focus on:

- Understanding how stress affects you (psychological, spiritual, interpersonal and physical impacts)
- Strategies to help you manage stress and build resiliency
- Practicing the different strategies through guided virtual activities
- Available resources and how to connect

CEUs or certificates are not offered for this presentation.

