

AHS HeartMath®
Mental Health Promotion & Illness Prevention

Transform Your Stress: The Resilience Advantage Strategies for Managing Stress in Challenging Times

Stress affects people physically, mentally, and emotionally.

Since the onset of COVID-19, many Albertans have identified feeling stressed. This free introductory course includes a basic discussion of stress plus looks at different ways to manage stress, including two HeartMath® breathing techniques.

When?

Where?

How to register?