

Stress Buster: Managing and Taking Control of Your Life

ONLINE SEMINAR

Proactive strategies to stress less

Manage your stress in a healthier way and learn strategies to take control of your life.

Available under Online Seminars starting 12/21/22

WEBSITE: www.myccaonline.com

COMPANY CODE: CUNY



WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

TOLL FREE: 800-833-8707



DECEMBER 2022

Always Available | Free | Confidential

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