



# Stop Stress This Minute

## Bellin Health's Lifestyle Medicine Team



This exciting 8-week program challenges you to get out of the vicious stress cycle you may not even know you are in. As a participant, you will receive education based off of the remarkable and straightforward book, *Stop Stress This Minute*, by stress management expert James Porter.

Following a step-by-step blueprint, this program provides the information and tools you need to manage, cope with, and conquer the stress in your life.

Each week, you will put into action some of the stress management strategies highlighted in the book. By the end of the class, you will have a collection of healthy and effective everyday strategies for dealing with your stress. You will feel better, happier, and equipped with tools to help you function at your best.

**In-Person Option held Wednesdays starting on January 12<sup>th</sup> to March 2<sup>nd</sup>**

Time: 5:00-5:45pm

Open to the public | \$99

**Virtual Option held Tuesdays starting January 11<sup>th</sup> to March 1<sup>st</sup>**

Time: 12-12:45pm

Open to the public | \$99

**Please Call to Register**

Bellevue | 920.433.6756



Chris Walsh, CPT, RYI

