



It's easy with free Online Group Coaching

Join our Stress Series right from your computer!



Stress Less Live More

- See and hear your health coach during each class.
- Ask questions and get the answers live.
- Start living the healthier life that you deserve!

Your 6 week series starts:

Tuesday, November 8 11:00-11:30PM CST or Wednesday, November 9 11:00-11:30am CST

Registration REQUIRED – click preferred series time below to register:

[Tuesdays 11:00am CST](#) or [Wednesdays 11:00am CST](#)

*Please register for only one time.

Space is limited!

Participants completing 5 out of the 6 sessions will be entered to *win a \$50 SpaFinder gift card.

*Sweepstakes Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc., 1333 Broadway, 4th floor, New York, NY 10018

See other side for sign up instructions and class descriptions

Ready to start getting healthy?

1. Register using the link above.
2. Enter your registration information and click on “register”.
3. Check your email for your registration confirmation email.
4. The day of class, follow the WebEx link provided to you and follow instructions to join the audio portion.
5. Come prepared to learn, interact, and have fun!



Program details:

WEEK 1

ABC's of stress control

An introduction to the different types of stress, plus a discussion on how you can manage stress over time to avoid negative effects on your health.

WEEK 2

Spotting your sources of stress

How to assess your current stress level and identify the causes of your stress.

WEEK 3

Tips for handling the pressure

A review of the ways we cope with stress, plus healthy strategies for managing even better.

WEEK 4

Relax and take a deep breath

The benefits of relaxation techniques, and a discussion of 3 common methods, including deep breathing, guided imagery and progressive relaxation.

WEEK 5

The secrets of yoga and tai chi

How yoga, tai chi, and mindfulness-based stress reduction strategies may help you shift from negative to positive thoughts.

WEEK 6

Managing your time and support for success

How better time-management can help reduce stress. You'll learn tips for balancing work and personal life, plus the keys to finding support for managing stress.

Online Group Coaching

It's free. It's easy. And it just may change your life.

