

Better at Last Presents

Stress Management



WHAT: Take control of stress before it takes control of you. Join us for a workshop where you'll learn how to manage stress using simple, research-backed tools.

What you'll gain:

- A deeper understanding of how stress affects the mind and body
- Guided breathing and movement techniques to use anytime
- Nutrition tips to help regulate cortisol and energy levels
- Exercise strategies to reduce stress, not add to it
- Practical lifestyle habits for long-term resilience

WHERE: McGregor Public Library; 317 S Main St

WHEN: Monday, 7/28/2025; 11:00am

Website



254-203-5015

betteratlast.org