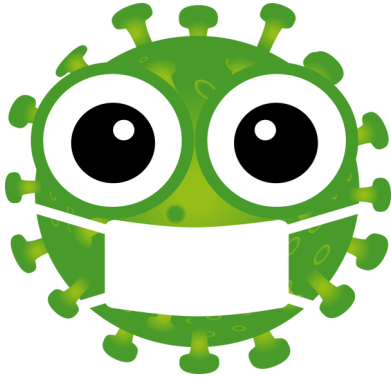




montcalm
care network



COVID-19

Stress Management Strategies

Are you tired of adjusting to the “new normal”?

Do you find yourself more stressed, irritable or just plain lonely from socially isolating?

Join **Montcalm Care Network's** **Nikki Vega**
and **Amber Kohagen**

Thursdays 4 pm to 5 pm on Zoom

Learn helpful ways to cope. Topics features:
**Mindfulness, Healthy Habits, Recognizing
Signs of Anxiety and Depression, Coping with
Kids and More!**

Group is FREE of
charge and open to
any adult.

<https://montcalmcare.zoom.us/j/92527560108>

Starts May 28, 2020