

June 1, 2023

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## Learn how to manage stress in challenging times

*Free, virtual AHS workshops help identify and transform stress*

EDMONTON – Albertans looking for ways to identify and manage stress are invited to participate in a free online workshop facilitated by Alberta Health Services (AHS).

Workshops for managing stress in challenging times comes in two parts, both led by AHS professionals. *Please note: Workshops are not recorded.*

**Part 1** of the interactive workshop includes a basic discussion of stress and looks at different ways to manage stress. Two HeartMath techniques will be introduced and participants will come away with a personal stress reduction action plan.

- **Wednesday, July 5 from 1 p.m. to 3 p.m.**  
Register in advance for this webinar: [Register for July 5](#)
- **Wednesday, September 20 from 6:30 p.m. to 8:30 p.m.**  
Register in advance for this webinar: [Register for September 20](#)
- **Thursday, November 9 from 10 a.m. to 12 p.m.**  
Register in advance for this webinar: [Register for November 9](#)

**Part 2** involves discussing perception, decision-making and communication using techniques taught in Part 1. (Completion of Part 1 is essential prior to taking Part 2.)

- **Wednesday, June 14 from 10 a.m. to 12 p.m.**  
Register in advance for this webinar: [Register for June 14](#)
- **Wednesday, August 23 from 1 p.m. to 3 p.m.**  
Register in advance for this webinar: [Register for August 23](#)
- **Wednesday, October 4 from 6:30 p.m. to 8:30 p.m.**  
Register in advance for this webinar: [Register for October 4](#)
- **Thursday, December 7 from 10:00 a.m. to 12:00 p.m.**  
Register in advance for this webinar: [Register for December 7](#)

For more information on the upcoming courses, email [ahs.heartmath@ahs.ca](mailto:ahs.heartmath@ahs.ca)

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

**For media inquiries, contact:**

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