

Balancing Stress & Energy

Join Coach Kirsten for a workshop designed to help you **manage stress and boost your energy.**

During this workshop, we'll cover the following:

- Recognize the physical, mental, and emotional signs of stress.
- Understand how stress impacts your health.
- Discover practical strategies to manage stress and balance your energy.
- Learn how to implement these techniques for a more balanced life.

May 13, 2026

Session 1

10:00am



Session 2

12:00pm



Session 3

2:00pm



Scan to register



QUESTIONS?

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