Our next webinar is on April 20 at 2:30pm. The session will be recorded and sent out afterwards, if you are unable to attend. The webinar is titled Stress Balance. See the attached handout for more details and to rate yourself on the stress balance scale.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| DATE | TIME | TOPIC | LOCATION | TRAINER |
| Wednesday  April 20 | 2:30pm-3:30pm | Stress Balance | WEBINAR | Myra Dillingham  816-916-9322  [myrafd@yahoo.com](mailto:myrafd@yahoo.com) |

To join the webinar and access visual connection to the slides, click on the link below.

[**http://ndbh.adobeconnect.com/stressmgmt/**](http://ndbh.adobeconnect.com/stressmgmt/)

WEBINAR – AUDIO OPTIONS

1. Listen through your computer speakers

                 OR

1. Phone: (888) 330-1716

              Access Code: 588982

Please ensure you do not have both audio systems engaged. Computer speakers are the preference.