

STRESS

Less Workshops

Please join us
to learn stress reduction
strategies & practices

AM & PM SESSIONS OFFERED
9/25 & 10/2

AM Sessions

ESpecially for you
(morning sessions are just for ESPs)

Time: 10am–11am

Location: ASB – Auditorium, Entrance A

PM Sessions

all employees welcome
(join us for either date)

Time: 2pm–3pm

Location: JATC South – Auditorium



QUESTIONS?
CONTACT US!

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