

Stress Management with Rosa Singer



Join psychotherapist Rosa Singer for a virtual conversation about effectively managing stress.

Now more than ever, you may be feeling affected by stressors in your life. We all deal with stress, but how do we identify the causes and what do we do about it? In recognition of International Stress Awareness Week, Regal Medical Group invites you to speak with licensed clinical psychotherapist Rosa Singer at our free virtual presentation. Hear from an expert and learn new strategies for reducing stress in your life to improve your health and emotional well-being.

This class will be held using WebEx, a video conferencing platform.

RSVP Today! Call Nelly at (818) 798-8384

Join us!

November 12, 2020

Thursday, 11:00 a.m. – 12:00 p.m.



Free Raffle!

Attendees will have the chance to enter to win a **\$20 gift card.**



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