

THURSDAY, JANUARY 28 6:30-8:00pm

MANAGING STRESS during the COVID-19 PANDEMIC

A Webinar About Reconnecting, Rebuilding, and Restarting

Join us via Zoom to learn practical tools and strategies that you can use to achieve less stressful lifestyles during these challenging times. This presentation will explore self-care intervention through singing, spoken word and storytelling to promote positive mental health. You'll participate in activities designed to foster a sense of community, peace and tranquility.

A PRESENTATION BY EMPOWER YOU EDUTAINMENT



**Sharron Lewis,
CEO, Empower You Edutainment**

Sharron is an activist with over 20 years of workshop experience in stress awareness and relaxation. She heads up Empower You Edutainment, whose mission is to empower and educate through the use of poetry, short stories, storytelling, theatre, dance, and healing circles.



**Maudie Wilson,
Co-founder, Empower You Edutainment;
Educator/Songstress**

Maudie has a Master of Education and uses singing as a tool to benefit physical and mental health. For years she has been teaching stress relief through singing the blues.



**To register, email
rsvp@pchmc.org**

