

# *Live Wellness Webinar*

*Attend training from the convenience of your workstation.*

## ***Holiday Stress***

**Date/Time: Wed., Dec. 7, 2016, 11 a.m. to 12 p.m.**



**Description:** Stress may not be the first thing that comes to mind when we think of Thanksgiving and winter holidays, but we feel its effects through January. Too often, holidays are accompanied by the emotional whiplash of anticipatory stress followed by post-holiday letdown. It can take the rest of the winter to recover.

**How to register for this training:** Ask your supervisor to email HR-Training with your name, employee ID, and County email address.

Live webinar presented by: ACI Specialty Benefits

**Contact: [HRTraining@co.fresno.ca.us](mailto:HRTraining@co.fresno.ca.us)**