




## SIA - Prevention Services Presents...



### The Road to Relaxation & Stress Management Workshop

Five workshops on understanding stress, relaxation and simple, yet effective tools available to help manage it.





- Wednesday, June 10<sup>th</sup>, Noon -12:50 p.m., Session 1
- Wednesday, June 17<sup>th</sup> Noon-12:50 p.m., Session 2
- Wednesdays, June 24, July 1, July 8 – Noon-12:30 p.m. Sessions 3-5
- Weekly Handouts/Takeaways & Skills Practice
- You are welcome to attend any or all of the workshops.
- **Zoom link for all workshops**  
<https://us02web.zoom.us/j/86033496918?pwd=ODIva3BFYUtlId2swREx2T2U5Tk5dz09>
- **Meeting ID: 860 3349 6918 Password: RELAX**



### Best Learning Practices

- It is highly recommended that you use a desktop computer, laptop or tablet. Phones will limit what you can see and your level of participation.
- Print handouts/takeaways, prior to session. Have a pen & paper handy for notes, specifically if you can not print out the handouts/take-aways prior to the session.
- Join 10 minutes early to test video/audio ([zoom.us/test](https://zoom.us/test)) and learn about tools that will be used during your session.
- Join with video as learning is more fun and engaging when we can see each other.
- Earphones/plugs are great, when possible, to quiet out any noise or distractions.

### Zoom Etiquette

- **Avoid Embarrassing Bloopers**  
All participants will be muted on joining, but be mindful of your audio/video settings throughout the class to avoid any embarrassing bloopers.
- **Set Up Your Tech**  
Check your Wi-Fi and test your audio/video equipment. Please be prepared to activate your video camera. Learning is much more engaging when we see each other.
- **Communicate With The Host**  
If you want to comment, there is an option to raise hand under "participants," there is also an option to send messages via chat.
- **Designate Your Workspace**  
Set up an intentional workspace; somewhere quiet with an appropriate backdrop.

Questions? Email Cathy Rasmusson, Employee "Step Into Wellness" Coordinator [healthybusiness2@gmail.com](mailto:healthybusiness2@gmail.com)