



## Register today for the LRMFA Stress-Less Challenge!

February 11<sup>th</sup> to March 4<sup>th</sup>

The goal of this four-week challenge is to provide participants the opportunity to practice and adopt a variety of strategies to reduce and manage stress.

Weekly topics include:

1. Identifying Your Stress Triggers
2. Power of Positive Thinking
3. Laugh a Little
4. Take Time for YOU

Contact Esther DiCarlo  
and register today!

E: [edicarlo@lrmfa.org](mailto:edicarlo@lrmfa.org)

*"It's not stress that kills us, it's our reaction to it."*

*Hans Selye*

## HealthTrust Stress-Less Challenge

### Did You Know...

"75% of adults reported experiencing moderate to high levels of stress in the past month."

American  
Psychological  
Association

### Program Details:

- Participation is easy. No tracking forms involved!
- During the challenge you will receive a weekly email and newsletter regarding stress management
- Join today!