



Each of us has a certain amount of stress that we can manage before our stress bucket overflows. Knowing how to drain stress is important to prevent high blood pressure, anxiety, and other conditions. Join us to learn practical, enjoyable ways to remove some stress from your bucket.

**Register today!**

**Date & Time**

**Monday  
October 10, 2022  
11:30 AM - 12:15 PM**

[\*\*Register  
here\*\*](#)



**Speaker  
Pete Clines**

Health & Well-Being  
Educator

**Webex Event**

To test your device for  
Webex, click here.

**Can't attend this live webinar?**

**Click here to watch recorded webinars at your convenience.**

Recordings will be available within 5 business days from the first webinar date.



**Additional information for City and County of Honolulu employees:** The information provided in this flyer is from the EUTF. City computers may be used to participate in EUTF webinars. Participation is voluntary and is to be done on the employee's own time.