



2024 EUTF HMSA
Health Education Workshops

MAY WORKSHOP

STRESS BUCKET

LEARN SIMPLE WAYS TO
REDUCE STRESS

We all have a limited amount of stress we can hold before overflow occurs. The pandemic and other recent events have added new stressors and challenges. Knowing how to manage and drain this stress is crucial in preventing high blood pressure, anxiety, depression, and other health conditions. Join us to learn simple, enjoyable ways to lower the volume of stress in your bucket.

 **Wednesday, May 22, 2024**

 **12:00 PM - 12:45 PM**

Click below to register:

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To test your device for Webex, click here.

Attend a webinar and be entered to win an HMSA prize pack. [Click here for Official Rules.](#)

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.

WHAT PARTICIPANTS ARE SAYING ABOUT THIS WORKSHOP IN 2024:

Great presentation! This was my second one with Peter and I have gained a good amount of valuable information from his expertise, familiarity with the topic, and exceptional ability to lead the presentation in a relaxed and informative way.

PARTICIPANT

Great speaker with a calm and warm voice who offered very practical tips and shared great stories..

PARTICIPANT

I really like the "Stop Breathe Go" technique. I will try it. Thanks for the class!

PARTICIPANT

Enjoyed Peter's laid back and candid sharing of his own experiences, positive and negative. Think we can all relate and it feels good to know strangers that do good for others (like him) are vulnerable yet still strong and helpful because they can be.

PARTICIPANT

Can't attend this live webinar?
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