

A PARTNERSHIP FOR HEALTH



bellin
health



STOP **STRESS** PROGRAM

Available for West De Pere employees and spouses on the health plan

West De Pere is pleased to offer a relevant and impactful class designed to reduce stress and improve quality of life.

When: February 15-April 12, 2016

What: Email-based program including PowerPoint presentations and weekly checkpoints. Monthly check-ins are encouraged. **Complete one coaching session with Nurse Sandy for a chance to win a \$50 gift card.**

Fee: \$5.50 for materials (participant packet and WELCOA *Stop Stress this Minute* book)



Register by emailing
wpsdcareteam@bellin.org

**Registration deadline is Friday,
February 5, 2016.**