

For your convenience, this course will be presented in a live Zoom meeting format.

Stress Management

This DHS approved course meets mandatory training requirements for PCH & ALR Administrators

Give yourself a break! Discover the many sources of stress, learn creative ways to prevent, manage and cope with stress for yourself, staff, & residents.

**TUESDAY
MARCH 21ST**

**STARTING AT 9:00AM
6 HOURS
OF ANNUAL TRAINING**
A camera & microphone are required to attend and you must be visible during the entire presentation

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Cost is \$99.00 for 6 hours of CEU's

Monies due by 03/17/23

**Please email, fax, or mail registration to P.E.P.P. Unlimited.
For further information, please call 215-348-3112.**

Name _____

Facility Name _____

Phone _____

E-mail _____