

Upcoming Stress Management Workshop

Dear Team,

We are excited to announce an upcoming Stress Management Workshop aimed at helping you develop effective strategies to manage stress.

Date: March 15, 2024

Time: 10:00 AM - 12:00 PM

Location: Conference Room B

This workshop will cover various techniques for stress reduction, including mindfulness practices, breathing exercises, and time management skills. Refreshments will be provided.

Please RSVP by March 1, 2024, to ensure your spot.

We look forward to seeing you there!

Best regards,

Human Resources Team