

# Stress Management



Did you know **72% of Americans reported feeling stressed about money at least some of the time in the past month\***. If this sounds familiar to you, you are not alone.

Want to *Explore Your Relationship with Money?*  
Join Us for a Free Webinar October 18th from 11am-12pm PST



## About the Webinar:

Money is often a source of stress in both people's personal lives and relationships. This training will explore whether our relationship with money is similar to other relationships in our lives. Tools to help think about money differently will be presented.

**Date:** Wednesday, October 18th, 2017

**Time:** 11:00 AM - 12:00 PM (PST)

[REGISTER HERE](#)

\*American Psychological Association, 2014

## For more information:

call: 800-433-2320

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