

Finding Balance

Your stress management program starts soon



Address your stress

We've teamed up with Kaiser Permanente to bring you a simple-to-follow, 8-week program designed to help you manage stress more effectively. Through weekly emails and activities, you'll take a look at how stress affects you – and explore positive ways to deal with it.

Keep an eye on your inbox – the program starts soon! In the meantime, get a head start on your path to a less stressed life with the Finding Balance stress management guide.



**Download
the guide now**