



ANXIETY & COVID RE-ADJUSTMENT

This presentation will discuss the do's and don'ts of returning to work. How to reduce and manage stress, anxiety, and depression when returning to work and how to set up a morning and night routine to help you to be successful.

This benefit is being offered at **no cost**.

Justin Olsen, LCMHC

is a therapist at Blomquist Hale who has done many presentations throughout his career. Justin focuses on educating, supporting and empowering all participants in this course. His goal is to help participants take control of their life and how they feel.

May 20th
12:00 p.m. - 1:00 p.m.

Event Location:
Online!

Call **801-262-9619** or visit
blomquisthale.com to reserve a seat!