

Stress Management



In today's challenging times, it is essential to utilize methods to help combat high levels of stress. The Stress Management Course addresses healthy and proven ways to reduce stress within your life.

This Zoom group is facilitated by Steve Rossetti M.S.
Wednesdays from 10:00 a.m. – 11:00 a.m.

<https://zoom.us/j/96663887384>

Meeting ID: 966 6388 7384



Desert AIDS Project

Contact Steven Rossetti if you have questions
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