

# Free Community Education Program

## WINTER 2025

Registration is required!

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## Stress Awareness Month: Finding Balance in Your Life

**Date:** April 28, 2025

**Time:** 1:00 p.m. – 2:30 p.m.

**Site:** Manchester Memorial Hospital

April is Stress Awareness Month, a time to recognize the negative effects of stress and ways to find balance in your life. Stress is a natural human reaction that happens to everyone. In fact, your body is designed to experience stress and react to it through physical and mental responses. Join Karin Sidman-Croghan as she provides an overview of stress in a contemporary society and the relationship between stress and wellbeing. She will discuss how people respond to stress, the effect of long-term stress, situations and attitudes which lead to stress, as well as strategies for reducing stress in daily life.

Every year, we dedicate time and resources to enhance the overall health and wellness of our communities by offering FREE educational programs to individuals and families. We invite you to join us and our healthcare providers in one of our many health education lectures.



Scan the QR Code to register online  
or call 860.533.6550 for assistance.

**ECHN**<sup>SM</sup>  
Eastern Connecticut Health Network