

STRESS MANAGEMENT IN THE WORKPLACE

11:30 AM - 1 PM
MAY 12, 2022

Delray Beach City Hall Chambers
100 NW 1st Ave. Delray Beach

SPEAKER



Kenya C. Madison
SENIOR DIRECTOR OF HEALTHIER
DELRAY BEACH

Kenya is a pioneer, creating new channels for people to get the help they need in community-based settings—our schools and the faith community. Under Kenya's leadership, the Healthier Delray Beach network has expanded to include county-wide, state-wide, and multi-state partnerships.

ABOUT OUR WORKSHOP

At this session you will gain insights on work related stress and identify common cause. You will also learn about common signs and symptoms of stress in the workplace and how it may be managed effectively for better overall health."

