

STRESS REDUCTION TOOLKIT 2.0

- This seminar will attempt to equip participants with essential strategies to reduce physical tension, manage automatic negative thoughts and enhance self-care.



DATE:

Sept 02, 2025



TIME:

11:00am – 1:00pm



LOCATION:

**Bldg 750
Conference Rm B**

Dial In Info: 858-980-0000

Code: 459 181 354#

Join Online: [MS Teams Link](#)



*Scan to Join via Teams or
access session details*



**750 Pacific Highway, 1st Floor Conference Room B
San Diego, CA 92132**