

# Webinar

## Understanding & Managing Stress



Life is generally pretty hectic these days; there's a bit of worry, a bit of stress. Some might say a bit is good and even useful, as in the short-term it drives us to get things done. In the long term, however, stress takes its toll on our energy, health and emotional well-being. So how can we **"Worry Less, Enjoy More. Stress Less, Accomplish More."**?

Imagine being stress-free. How would you feel? More secure, energized and empowered?

Do you think it is possible?

Let's think it through together during this talk and look at some antidotes to stress.

Please RSVP • 617.926.1230 • [info@bknewengland.org](mailto:info@bknewengland.org)

**Tuesday, August 22, 2017**  
**12:00 PM - 1:00 PM**

**Details to join the Webinar will be provided after Registration**

It is recommended that you arrive early to take full advantage of the meditation at the start of the event from 7:00 to 7:30 pm

**All are Welcome. Free of Charge.**



Brahma Kumaris Learning Center for Peace  
75 Common Street  
Watertown, Massachusetts 02472

[www.bknewengland.org](http://www.bknewengland.org)  
[info@bknewengland.org](mailto:info@bknewengland.org)  
617-926-1230