



Simple Tools to Manage Stress:

MOVING FROM CHAOS TO CALM



DONNA MARIE

This interactive session discusses the impact of stress and its effects on your body, mind, and spirit. Learn proven methods to manage your outlook, mood, and move toward inner happiness. Inner happiness characteristics have shown to make work and life hold more meaning. To curb reactions of daily pressures, you will learn how and when these stress reduction methods are best used and what results can be expected (www.DealWithStressToday.com).

Donna Marie, MA, a consultant, counselor, and champion of stress reduction techniques, holds a master's degree in clinical psychology. Her education and wisdom gained while working through her own challenging life experiences have honed her into an insightful and witty speaker, facilitator, and practical advisor in the fields of stress reduction, mindfulness, grief, and public speaking fears. Visit <https://dealwithstresstoday.com/>

WEDNESDAY, SEPTEMBER 14, 2022

6:00 DINNER / NETWORKING IN PERSON | 6:30 P.M. MEETING / ZOOM / PROGRAM

PLEASE REGISTER AT WWW.NOVI-ABWA.ORG/EVENTS

\$20 TO ATTEND IN PERSON (INCLUDES DINNER) | \$5 TO ATTEND VIA ZOOM

NOVI PUBLIC LIBRARY – EAST ROOM

45255 W. TEN MILE ROAD, NOVI, MICHIGAN (WEST OF NOVI ROAD)

THE AMERICAN BUSINESS WOMEN'S ASSOCIATION WELCOMES ALL WOMEN AND MEN AS MEMBERS. WWW.ABWA.ORG.
QUESTIONS? E-MAIL PROGRAM CHAIR MARCIA GREEN AT NOVIOAKSABWA@GMAIL.COM



Novi Oaks Charter Chapter