

**ZOOM Registration for HeartMath Virtual Public Workshops:  
"Transform Your Stress: the Resilience Advantage - Strategies  
for Managing Stress in Challenging Times"** (registration for up to 100  
persons per session).

**Description** - Stress affects people physically, mentally and emotionally. Many Albertans have identified feeling stressed with the advent of the COVID-19 pandemic. This introductory course includes a basic discussion of stress plus looks at different ways to manage stress, including 2 HeartMath breathing techniques.

**This interactive workshop will:**

1. Discuss the stress response;
2. Identify warning signs of stress;
3. Help participants make an action plan to address their own stress;
4. Review how emotions impact the body, brain, and overall health;
5. Demonstrate 2 practical stress-relieving breathing techniques;
6. Discuss how resilience can be enhanced through regular use of the breathing tools;

**Registration information** for this and other upcoming webinars can be obtained by emailing [ahs.heartmath@ahs.ca](mailto:ahs.heartmath@ahs.ca)

Hotlink: [Click here to register for May 26/2020 from 10:00 a.m. to 11:45 am](#)

[https://zoom.us/webinar/register/WN\\_IjFhraB6RzuJYqi1FylOpQ](https://zoom.us/webinar/register/WN_IjFhraB6RzuJYqi1FylOpQ)

Hotlink: [Click here to register for May 27/2020 from 1:00 pm to 2:45 pm](#)

[https://zoom.us/webinar/register/WN\\_kWGdGizaT66giEW2pmgFCQ](https://zoom.us/webinar/register/WN_kWGdGizaT66giEW2pmgFCQ)

Hotlink: [Click here to register for June 3/2020 from 7:00 pm to 8:45 pm](#)

[https://zoom.us/webinar/register/WN\\_TuOw52aKT7e74Yx6GZa8sw](https://zoom.us/webinar/register/WN_TuOw52aKT7e74Yx6GZa8sw)

Hotlink: [\*Click here to register for June 9/2020 from 1:00 pm to 2:45 pm\*](#)

**Registration Link**

[https://zoom.us/webinar/register/WN\\_xD7GEy7kTfuocDGRjLBQsQ](https://zoom.us/webinar/register/WN_xD7GEy7kTfuocDGRjLBQsQ)

Hotlink: [\*Click here to register for June 25/2020 from 10:00 am to 11:45 am\*](#)

**Registration Link**

[https://zoom.us/webinar/register/WN\\_lJuarpMKTUWTMrwEmdMCzQ](https://zoom.us/webinar/register/WN_lJuarpMKTUWTMrwEmdMCzQ)