



The *Women's* Wellness Program

HORMONES, STRESS CHECKLIST

	Task
<input type="checkbox"/>	Mark the next workshop on your calendar (October 9, 2019)
<input type="checkbox"/>	Complete a free stress test (1 available online in the resources section)
<input type="checkbox"/>	Watch the :22 minute video: Parenting and Leading in the day of anxiety (link available in the resources section)
<input type="checkbox"/>	Consider downloading a free meditation app and start with practicing a few minutes EVERY SINGLE DAY.