



## It's easy with free Online Group Coaching

Join these fun health programs right from your computer



**Stress Less Live More:** Simple ways to live a more balanced life.

- Learn helpful tips for living well and feeling better
- See and hear your health coach during each class
- Ask questions and get the answers live
- Start living the healthier life that you deserve!

**This program is a 6 week series. Attend all 6 classes and you will be entered into a sweepstakes drawing for a \$100 Amazon e-gift card.**

**Sign up at [MyActiveHealth.com/AlaskaCare](https://MyActiveHealth.com/AlaskaCare) for a free program.**  
Starting Wednesday, November 4th at 12pm. Space is limited.

See other side for sign up instructions and class descriptions

# Ready to start getting healthy?

1. Click on this link :  
["Stress Less Live More" Registration](#)
2. Enter your registration information and click on register.
3. Check your email for your registration confirmation email.
4. See you in class on Nov 4!



## Program details:

### WEEK 1

#### ABC's of stress control

An introduction to the different types of stress, plus a discussion on how you can manage stress over time to avoid negative effects on your health.

### WEEK 2

#### Spotting your sources of stress

How to assess your current stress level and identify the causes of your stress.

### WEEK 3

#### Tips for handling the pressure

A review of the ways we cope with stress, plus healthy strategies for managing even better.

### WEEK 4

#### Relax and take a deep breath

The benefits of relaxation techniques, and a discussion of 3 common methods, including deep breathing, guided imagery and progressive relaxation

### WEEK 5

#### The secrets of yoga and tai chi

How yoga, tai chi, and mindfulness-based stress reduction strategies may help you shift from negative to positive thoughts..

### WEEK 6

#### Managing your time and support for success

How better time-management can help reduce stress. You'll learn tips for balancing work and personal life, plus the keys to finding support for managing stress.

## Online Group Coaching

**It's free. It's easy. And it just may change your life.**

