



Discover Tips for a Stress-Free Holiday Season

Wednesday, December 1 Virtual Lunch and Learn
11:30 AM -12:30 PM

Join us for a complimentary virtual Lunch and Learn Program sponsored by edHEALTH in collaboration with Workpartners

Join Us on
Wednesday,
December 1



To join:

1. Go to [the meeting link](#)
2. Enter your name and email address.
3. Enter the session password:
Wellness123
4. Click "Join Now."
5. Follow the instructions on your screen.



Learn
How
to

Control Stress During the Holiday Season

In this session, you will discover:

- What stress is
- Its short and long-term effects
- How to manage or avoid stress altogether during the holiday season.

Onsite Health Coach Morgan Becer of UPMC Health Plan will help you learn how to control stress so you can enjoy the holiday season.



About edHEALTH

edHEALTH is the healthcare purchasing collaborative for 25 colleges, universities, and secondary schools. Our guiding principles include:

- Savings
- Ownership
- Transparency
- Innovation

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