## Let's Galk Heart Math:

Hosted by
Joanne Simpson
from AHS
over Zoom

Tuesday
April 13
1 pm

Strategies for Managing Your Stress in Challenging Times

## FREE EVENT

for those 55+

Please register by emailing BTG at btgalberta@outlook.com or by calling 403-361-7216 to receive Zoom link.

If you are already on our BTG mailing list, the Zoom link will automatically be sent.

www.bridgingthegapalberta.ca









