

# OCEA MEMBERS ONLY

RESOURCES FOR YOUR PERSONAL AND PROFESSIONAL LIVES



## STRESS MANAGEMENT

**NOON-1 P.M. WEDNESDAY, JUNE 18, 2025**

OCEA ASSEMBLY ROOM, 830 N. ROSS ST., SANTA ANA, CA 92701 ... AND ON ZOOM!

Uncontrolled stress can impact health and job performance. Participants will identify sources of stress, its effects on the mind and body, and how constantly activating the “fight or flight” response can lead to burnout and health problems.

*IN PERSON ATTENDEES WILL BE ENTERED INTO AN OPPORTUNITY DRAWING, COURTESY OF KAISER.*

PRESENTED BY



ALSO ON 

CHECK YOUR HOME EMAIL FOR ZOOM MEETING DETAILS.

**IN-PERSON SPACE IS LIMITED. PLEASE RSVP BY EMAILING [RSVP@OCEA.ORG](mailto:RSVP@OCEA.ORG)**

Lunch will be provided to those who attend in-person. Complimentary parking available in the Diamond Parking lot in front of OCEA but is limited so please carpool.

**THERE IS NO NEED TO RSVP IF YOU ARE JOINING VIA ZOOM**