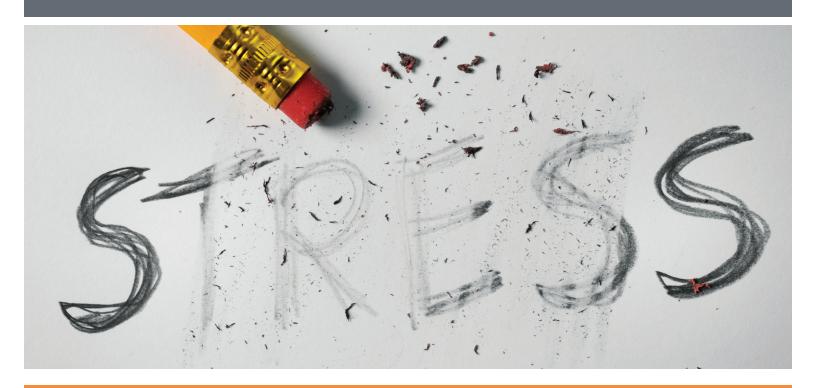
OCEA MEMBERS ONLY

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

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