




Managing Change and Stress



**Obtain skills to help better manage
change and stress!**

-  Learn techniques used to reduce stress.
-  Experience a simple breath exercise
-  Empower your personal and professional life with greater strength, energy & vitality!

Tuesday, May 9th

12:00 pm — 1:00 pm MST

Main Conf. Room or Blue Jeans

Contact wellness@aura-astronomy.org for more information

Join Meeting on Blue Jeans

<https://bluejeans.com/428015002/8450?src=htmlEmail>

Connecting directly from a room system?

- 1) Dial: 199.48.152.152 or bjn.vc
- 2) Enter Meeting ID: 428015002

Just want to dial in on your phone?

- 1) [Direct-dial with my iPhone](#) or
[+1.408.740.7256](tel:+14087407256) (US)
[+1.888.240.2560](tel:+18882402560) (US Toll Free)
[+1.408.317.9253](tel:+14083179253) (Alternate number)

- 2) Enter Meeting ID: 428015002
- 3) Press #



LIVE LONG



AND PROSPER

