

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

Stress and Anxiety Management: A Step to Better Health

In this talk, Karen Collins, BSN, RN-BC, CARN, will discuss sources of stress and anxiety as well as how they can affect all aspects of our lives. She will also share strategies that anyone may use to help manage stress and anxiety to improve health and wellness.

This online program is free and open to Mass General staff, patients, and the general public.

To attend this program, click on this link:

<https://partners.zoom.us/j/83352444770>

Please submit questions you may have about the topic before the program to: PFLC@partners.org so that the speaker may address them during the session.

Featured Speaker:

Karen Collins, BSN, RN-BC, CARN

Karen is a staff nurse on Blake 11, Inpatient Psychiatry at Massachusetts General Hospital. She is currently a master's degree candidate at Southern New Hampshire University.



Date: Tuesday, April 26, 2022

Time: 12:00 PM - 1:00 PM

For more information,

call 617-724-7352 or

email PFLC@partners.org