

Lower the Pressure

Caring For Your Heart and Nervous System Physical Wellbeing Webinar

Led by Certified Health Coach
Tracy Lightburne

- Stress doesn't just live in your mind - it lives in your body! We will explore how the nervous system directly impacts stress levels, blood pressure and overall health.
- You'll learn how chronic stress keeps the body in a "fight or flight" state and how simple practical regulation tools can help shift your body into rest, calm and healing.
- This session will equip you with techniques that you can use daily to lower stress, support healthy blood pressure, and feel more grounded, resilient and in control of your health.



WEDNESDAY

March 4th



TIME

12-1pm



ZOOM



JOIN US



For BOCC Employees Only: This YourChoice workshop earns points in the **Physical** wellbeing pillar for Manatee Thrives.