

Stress Surfing

A Stress Management Series

Hosted by the Maryland Department of Health's Office of
Suicide Prevention

Tuesday, April 4
Balancing Brain & Body
<http://bit.ly/40aG8N1>

Thursday, April 6
Self-Care Conditioning
<http://bit.ly/3LvDPAk>

Tuesday, April 11
**Breath Surfing with the Power of
Mindfulness**
<http://bit.ly/40ePyqL>

Thursday, May 11
(1.0 CEU)
Grief and Narratives of Resilience
<http://bit.ly/3JJVLpr>

All sessions 11am to 12pm



UNIVERSITY OF
MARYLAND
EXTENSION



University of Maryland Extension Presenters:



Dr. Alex Chan PhD,
LCMFT, Mental Health
Specialist



Lisa McCoy MS, RDN,
Family & Consumer
Sciences Educator



Joi Vogin, M.S., LDN
Family & Consumer
Sciences Educator



Dhruvi Patel MS., P.G.Dipl.
Family & Consumer
Sciences Educator

