**Wellness Webinars**



**Registration Form**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Community: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| QUICK QUESTIONS & COMMENTS |  |
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| **Workshop** | **Date** | **Session Interested** **(Check Mark)** |
| Anxiety Workout & Work Through – 3 hrs | 1st May 19 2nd Date TBD | ->-> |
| Coping with Stress  | 1St June 162nd June 19 | ->-> |
| A Year of Accumulated Stress and Burnout from Work | June 26, 2021 | -> |

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| Comments, Concerns or Questions |
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Email Registrations forms to bdc@cweia.ca

For more information, contact Julie Ann Cooper 819-282-6597 Ext. 4