**Wellness Webinars**



**Registration Form**

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

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

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

|  |  |
| --- | --- |
| QUICK QUESTIONS & COMMENTS |  |
| |  |  |  | | --- | --- | --- | | **Workshop** | **Date** | **Session Interested**  **(Check Mark)** | | Anxiety Workout & Work Through – 3 hrs | 1st May 19  2nd Date TBD | ->  -> | | Coping with Stress | 1St June 16  2nd June 19 | ->  -> | | A Year of Accumulated Stress and Burnout from Work | June 26, 2021 | -> | | |
| Comments, Concerns or Questions | |
|  | |
|  | |
|  | |
|  | |

Email Registrations forms to [bdc@cweia.ca](mailto:bdc@cweia.ca)

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