

# Reduce Stress with *Mindfulness*

Ready to reduce stress in 2025? We are!

Join us for a free, virtual event where you'll learn how stress might be impacting your life and explore a range of simple, effective tools to help you start reducing stress today.

Hear from Endeavor Health mindfulness experts [Debjani Roy, MD](#) and [Todd Fink, CADC](#) as they share practical techniques to help you live a more balanced life. With 43% of adults reporting increased stress in 2024, this webinar is the perfect opportunity to take control and begin your journey to a calmer, healthier you.

Wednesday, January 29, 2025

6 – 7pm

Virtual | Free

Register by scanning the QR code or online at [www.eehealth.org/classes](http://www.eehealth.org/classes).

