

Stress Management: Effective Stress Management and How to Incorporate it into Your Life

Presented by

Heather Hersh, PsyD



Dr. Hersh has 20 years of experience as a licensed clinical psychologist, Ivy League professor, and public educator. She uses her expertise to teach pragmatic skills and tools to help you thrive and to live optimally.

Thursday, January 20, 2022, 6 - 8 p.m., EST, via Zoom

Link will be provided upon registration

Register now: <https://awisphl.org/>

Questions? email rsvp@awisphl.org

This event is FREE and open to all