



WOMEN'S COMMITTEE

VIRTUAL **MARCH** MEETING

TUESDAY, MARCH. 9 | 6 p.m. - 8 p.m.

[CLICK HERE TO JOIN MEETING](#)

»»» For security purposes, password is in body of email «««

For the best audio experience, please use computer audio.

iPhone one-tap: US: +1(646)3573664,,1497353548#

Telephone: US: +1(646)3573664

Meeting ID: 149 735 3548

AGENDA

Dealing with Stress and Depression in these Current Times

Presentation by HCAMS: Terry Livorsi and Frankie Mallis

Pandemic Accelerated Stress | Stress Management

Stress Relief Relaxation/Meditation Exercises

Denise Gilliam, Chair dgilliam@cwa1180.org