

WEBINAR

LEARNING SESSION



Stress Management in the Time of COVID-19

Date: April 22, 2020 | Time: 3:30 PM - 4:30 PM

Program Outline:

Topic 1: Stress Management

A discussion on mental health, how to cope up with anxiety and stress during the COVID-19 pandemic and tips on how to achieve a good mental well-being.

Topic 2: Live the SEED Lifestyle

An introduction to active and healthy lifestyle habits that starts with SEED (Sleep, Eat right, Exercise and De-stress). Having a healthy lifestyle can help boost the immune system that protects you from the COVID-19 virus.

Speakers:



Ms. Carmie P. De Leon

Vice-President for Sales and Marketing
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Dr. Daryl Pugeda

Consultant
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