

## End of Year Employee Wellness Program

Date: Thursday, 12/10/15  
Time: 12:00 Noon  
Garden Level Lounge—City Hall

### Stress Management-Adapting to Stress: The Good, The Bad and the Unavoidable



Stress impacts over 77% of all adults in North America. Chronic stress is responsible for significant health concerns, such as hypertension, heart disease and immune system suppression.

Please join us on Thursday, December 10th when Dr. Callum Eastwood from the Pain and Rehabilitative Consultants Medical Group will be here for an introduction and review of common sources of stress, both expected and unexpected, a self-assessment of your risk level for health risks due to stress, and a review of mindfulness and movement-based stress management practices.



Callum Eastwood, PsyD

Dr. Eastwood received his BA in Human Biology from Stanford University, and his doctorate in Clinical Psychology from the California Institute of Integral Studies in San Francisco. He

is currently the Senior Director of Behavioral Medicine at Pain and Rehabilitative Consultants Medical Group.

Dr. Eastwood is a licensed clinical psychologist specializing in working with patients regarding, pain, anxiety management and burnout and secondary trauma.

Lunch will be provided. In order to ensure that we have enough food to go around, please RSVP to Lori Elefant at x797.

As we have all year, we will be raffling off 3 prizes for those in attendance. In addition, we will also be having our Grand Prize raffle for a Misfit Shine.



All raffle tickets from the year's previous programs will be entered into the Grand Prize Raffle. The more wellness programs you attended this year, the better your odds of being the Grand Prize Winner!

So mark your calendars now for December 10th!!