

**Feb
8th**

Live Monthly Webinar Series

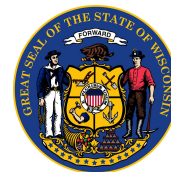
Minimizing Worry to Maximize your Life

Date: 2/8/2023

Time: 12:30PM to 1:30PM CST

Are you a worrywart? Nineteen million Americans are chronic worriers and 38 percent report worrying every day. We all worry at times, but if you constantly stress over everything in your life you may be developing a chronic worry habit that can lead to physical and mental health difficulties including stress-related illnesses, generalized anxiety disorder and depression. In this session we will assist you in analyzing the root cause of worry, and strategies to break the cycle of worry.

Our information, services and support programs are here for you with 24/7 access to help when you need it.



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