

CIRMA E-Learning Center

Stress and Your Health Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

Course Description:

This one-hour course explains the importance of understanding and effectively reducing stress in daily life. Stress and Your Health will provide practical applications of stress management.

Time: 1 Hour [Preview the Stress and Your Health online training program here.](#)

To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —

www.CIRMATraining.org

To register for this course, please contact your organization's E-Learning Administrator.

