



# LUNCH & LEARN

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## Managing Stress While Managing Your Business

June 6, 2023

12:00 PM to 1:15 PM

**COST:** \$5.00/person for lunch (free if attending via zoom)

**LOCATION:** JARI Center for Business Development  
160 Jari Drive (Richland Township)

**PRESENTERS:** Angie Richard, Clinical Director, Croyle-Nielsen Therapeutic Associates, Inc.  
Amy Nielsen, President, Croyle-Nielsen Therapeutic Associates, Inc.

### This interactive session will review the following topics:

- Working through communication and systems post covid to get information from one department to another
- How a lack of boundaries in the workplace relates to stress
- Tips for getting through stressful situations
- Hear from a business owner, Amy Nielsen, on overcoming stressful situations while managing her small business

**REGISTER HERE:** <https://jari.ecenterdirect.com/events/2203>

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