Live Well Allegheny:
2018 Learning Collaborative Series

**Stress Management & Health**

Monday, March 12th ∙ 2:00 – 4:30PM

Hosanna House Event Center

807 Wallace Avenue, 3rd Floor, Pittsburgh, PA 15221

Meeting Objectives
**Empower** members with tools, resources, and success stories that they can use to encourage and enable healthy choices.

**Unite** members to recognize the potential in their communities to achieve the goal of making Allegheny County the healthiest county.

**Ignite** *Live Well Allegheny* leaders to be change makers in their communities.

Agenda
**Opening:** *Live Well Allegheny*, Hannah Hardy

**Session #1: Stress & Health**

How Stress Impacts your Health: Lorraine Starsky, BSN, RN, Allegheny County Health Department

The Stress of Trauma – Impacts on Health: Taili Thompson, Allegheny County Health Department & Rev. Paul Abernathy, FOCUS Pittsburgh

**Session #2:Ways to Manage Stress**

Mindfulness: Richard King, PhD, Mindful Pittsburgh

**Session #3: *Live Well Allegheny* Partner Highlight**

Yoga & Grief: Connie Tinsley, Borough of Turtle Creek

**Wrap Up & Networking Opportunity**