

The words "SELF CARE" are spelled out using light-colored wooden blocks with black letters. The blocks are arranged in two rows: "S E L F" on the top row and "C A R E" on the bottom row. The background is a light, textured surface with soft-focus pink and white flowers in the corners.

# Taking Care of YOU in the New Normal

## *Questions and Conversations Panel Discussion*

2020 has been filled with stressors felt by everyone. Global pandemic, election year, social unrest, and natural disasters... it's no wonder many of us are feeling stressed. Managing how we deal with the effects of stress is important for our well-being, as well as our loved ones. This panel discussion is devoted to questions and conversations about current problems in our lives. Join our expert panelists:

**Khieanne Dawson** - Integrative Nutrition Health Coach

**Cindy Schallmo** - Marriage and Family Counselor, Executive Life Coach

**Jennifer Dymond-Casey** - ISSA Certified Personal Trainer

**Moderated by Kelli Goldin, Illumination Content Marketing**

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# STING

Southern Tier Independent Networking Group

**Tuesday, October 6, 2020 | 8:00-9:30am**

**8:00 Sign-in and Networking | 8:15 Workshop**

**Virtual Meeting - Eventbrite Registration:**

<https://sting-oct2020-workshop.eventbrite.com>

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The Southern Tier Independent Networking Group - STING hosts monthly workshops, open to the local business community.

For more information about upcoming workshops or suggestions, contact Kim Bush at [kbush@egraphics.us](mailto:kbush@egraphics.us)

For membership questions including application requests, contact Ken Anderson at [kenanderson.bgm@gmail.com](mailto:kenanderson.bgm@gmail.com)

**FREE Workshop Registration at <https://stingnetwork.com>**