

## Healthy Ways to Manage and/or Eliminate Stress and Anxiety and Improve Overall Work-Life Balance

Webinar  
04.20.2022

**Wednesday, April 20, 2022**  
12:00 p.m. – 1:00 p.m. PT  
*Complimentary Program via Webinar*

[Click here to register.](#)

\*Webinar details will be sent upon registration.\*

Recent scientific developments have shown that too much stress can take a toll on your body, mind, and behavior. Many of us are feeling tired and drained, experience a lack of focus, suffer from anxiety, or have trouble controlling our tempers. Join Hilde Gross, a life coach, to learn transformational techniques to manage stress and improve resilience.

Speakers:

- **Elizabeth Balfour**, *Partner*, Sheppard Mullin
- **Hilde Gross**, *Founder*, Life Changing Solutions

This program was prepared by Sheppard Mullin in partnership with the Association of Corporate Counsel, San Diego Chapter (ACC).