



Five-Minute **Stress Relief**

A Total Health Q4 wellbeing program with Dr. Astrid Andreescu

The program

This simple, spare program is designed to fit into your life, not overload it. The program includes:

1. a 45-minute class which you can attend live or watch recorded, and
2. a short quiz

You will learn a variety of quick techniques for bringing up energy & focus and bringing down anxiety. In addition and totally optional, Dr. Andreescu will also lead ongoing 5-minute stress breaks via Zoom on Mondays at 12:15 beginning November 29.

The rewards

1. Feeling more energized and calm, maybe even joyful. Continuous use of the techniques will lead to feeling healthier and being more productive.
2. Being included in a drawing for six \$50 Amazon gift cards.
3. Earning 500 Virgin Pulse bonus points for VP participants.

Scroll down for class details and to sign up.

The Five-Minute Stress Relief **Class** with **Dr. Astrid Andreescu**



About Dr. Andreescu

Dr. Andreescu was born and raised in Romania, living through the life stressors of being under communist dictatorship. In the US she trained in internal medicine and then hematology and oncology, joining the EMMC community in 2002. She is currently an oncology physician at Northern Light Cancer Care.

Dr. Andreescu has always been keenly aware of her cancer patients' needs and the negative impact of stress on them but also realized her own need to shake off the daily stress, to relax and recharge her batteries. With the new challenges we all face with the Covid-19 pandemic, Dr. Andreescu redoubled her efforts to stay healthy. In pursuit of skillful methods to support her own wellbeing, Dr. Andreescu became a credentialed practice leader for mind body techniques.

About the class

Dr. Andreescu will teach participants 10 short and portable "brain re-set" techniques for use throughout the day. No experience or equipment necessary!

Thursday, November 18th

12:10 - 12:55

[Click here](#) to **Save your seat**

About the optional, ongoing 5-Minute Stress Breaks

Participants will work with a single technique in these weekly 5-minute stretch sessions.

Mondays, beginning November 29

12:15 - 12:20