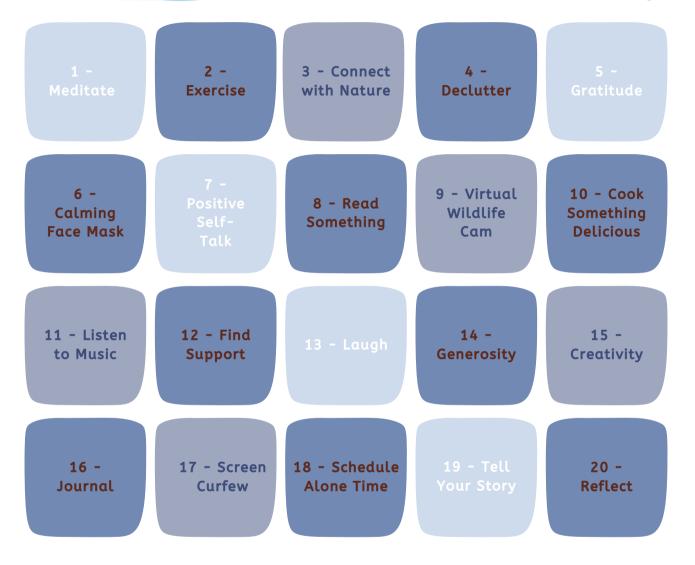




DAY Stress Less Challenge



- Live Call 3/1/24 @ 9am
- Challenge Starts 3/4/24
- 20 Days of Action Items to Help You Reduce Stress and Create Joy
- Earn Entry into Prize Raffle with Each Action Item Completed
- Check In Live Call 3/18/24
- Raffle Drawing for Prize Reflection Call 4/1/24

Live Call Topics:

- You are not alone in "Mom Life
- Share Daily Struggles and Strategies for Overcoming
- Tell Your Story!!