



Create a Stress Toolbox!

Thursday, April 24, 2025 | 6 p.m.

Location: Zoom meeting



Life can be stressful, but being aware of your physical and mental stressors can help ease your burden. Join **DR. RAJIV K. VYAS**, a board certified psychiatrist from Capital Health – Behavioral Health Specialists, to learn effective ways to reduce stress and increase well-being. Dr. Vyas will also share an easy but powerful mindfulness meditation exercise to help bring mental ease and balance back into your life.

This event will be taking place virtually using Zoom. Register online at capitalhealth.org/events and be sure to include your email address. Zoom meeting details will be provided via email 2–3 days before the program date. Registration ends 24 hours before the program date.



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