



You're invited to a **FREE** webinar  
for family members and professionals

# ***Stress Relief Tools for Caregivers and Professionals***

**Wednesday, November 30, 2022**

**2:00 p.m. – 3:30 p.m.**

**\*\*\*Complimentary CEUs available for LPCs and Licensed Social Workers\*\*\***

**Presenter:**

**Dr. Ron Mottern, PhD, LCDC - Executive Director,  
Mottern Institute for Mind-Body Wellness**

**Online Registration Required at:**

**[https://Stress Relief Tools 11-30-2022.eventbrite.com](https://Stress_Relief_Tools_11-30-2022.eventbrite.com)**

**Webinar Instructions will be emailed to registered participants one day prior to the webinar via ZOOM.**

**For questions please contact:**

**NCT AAA: Marty Mascari: Marty@NTADS.net or call (940) 202-4500 ext 101**