



# Brain Break: Decompress to Stress Less

*Midweek stress weighing you down?*

*Need a brain break before tackling the rest of your day?*

- Join us on Wednesdays at 2:30 p.m. so you can *Decompress to Stress Less*.
- Hop on Zoom to enjoy word games, trivia, stretching, and more.
- We'll spend 15 minutes together, rotating activities weekly, so you can prepare to sail through the rest of your week.

*You may use this link without registration; however, if you would like to receive class reminders, please sign up.*

**Register now:**

**[Every Wednesday 2:30 - 2:45 p.m.](#)**



[www.pinellascounty.org/hr/wellness](http://www.pinellascounty.org/hr/wellness)

5/25/22