





 Traffic: **Heavy** >  
49 min


Hey you there???


Hellloo??

...

 **ALERT**  
You have 3 bills due this week.

 **Laura sent you an email**  
Could I get feedback on this deck 9:24 AM  
ASAP! Need it back by...

 **Doctors Appointment**  
Tomorrow: 1:30 PM

 You have **23 tasks** that are past due

# Don't let stress get in the way.

Learn techniques on how to limit daily negative stressors, and help improve mental and emotional awareness.

Find ways to keep the negative effects of stress in check. Get started today at **DesignedWellness.RedBrickHealth.com** or contact your Wellness Champion for more details.

EVENT	<input type="text"/>
DATE/ TIME	<input type="text"/>
WHERE	<input type="text"/>

\*Only employees and spouses who are enrolled in an ACEC Life/Health Trust medical plan are eligible to earn rewards. View your rewards information by visiting the Rewards tab on the Designed Wellness website.