



Stress Awareness

Recognizing and managing daily stressors is an important aspect of your health plan. Try to include a few stress relievers every day – choose healthy meals and snacks, take a walk outside or engage in exercise, try a few breathing exercises or yoga, and be sure to get a good night's sleep.

Good health can be stress free?

Conifer Health Solutions and its Personal Health Nurses (PHNs) are the perfect option for you and your family's health needs. To get started, call Patricia Mullen at 1-800-459-2110 X 2247 or 410-919-4428.