By Sarah Mork

Sarah has been an ACE Certified Personal Trainer since 2008 and holds numerous certifications. She has worked with groups ranging from the UMN to the YWCA in a teaching/consulting/coaching capacity. As a trainer and health coach, she places significant emphasis on mindset and stress reduction along with a focus on proper training, nutrition and supplementation. Most recently, Sarah has built her own health and wellness coaching company, Incite Health and Performance, LLC.

Abstract

With each passing day, we gain greater insight into the numerous psychological and physical effects of stress in our lives. This often chronic and unrelenting stress manifests itself in a variety of ways and chips away at our resolve bit by bit, potentially damaging our health and wellbeing in the process. The good news? By becoming aware of the presence of stress in our lives we can take action, and adjust our perception, to minimize its detrimental effects and potentially even use stress to our advantage!

Agenda

6:15-6:30 PM Food will be served
6:30-7:10 PM Presentation by Sarah Mork
7:10-7:30 PM Questions and Answers