

You're invited



Immunity & Stress

When everything around us is out of control, what can you control? We will always have setbacks, road bumps, corrections and periods where things around us are out of control. When this happens, we have two options: Play Offense or Play Defense. Think of defense as washing hands, limiting travel, investing is less risk---these all can be great. The problem is most of us forget about playing offense during periods of stress and uncertainty. If you can play both, you start to take back some control and at the same time create opportunity!The truth is we have a lot of control over our stress level and how strong our immune system is and the crazy thing is they are both related. Create more stress for yourself, you will have a weaker immune system. This presentation is for YOU, it's for you to take control of what you can control to handle the chaos around us!

Host

Kathleen DeLong
Market Executive

Wednesday, August 12, 2020
6:00 p.m. to 7:00 p.m.

Presentation will take place at 6:00pm EST via WebEx

Speaker

Chris Johnson
Founder/CEO
On Target Living

To reserve your place today, please RSVP with your Financial Advisor and they will send you the WebEx link to register.

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