Learn practical tips to help keep yourself safe when working out in the community.

Learn how to wake up your brain to increase your awareness of what’s happening around you.

Learn effective stress management techniques, including breathing and meditation, and how to use these tools to help with de-escalation.

Please call CHEC at 617-534-5181 to RSVP or email checenter@bphc.org

Please call immediately if you need individual arrangements (i.e., ASL interpreters).

Remember: These forums are for networking; Don’t forget to bring your business cards and flyers!

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