

*Best Doctors LIVE Webinar Series*

**STRESS:**

Learn how it can affect your body and how to manage it

**Date:** Wednesday, November 29th

**Time:** 3:30PM Eastern

**Duration:** 1 hour

Join Best Doctors for our next webinar!

What is stress? According to The Cleveland Clinic, stress is the body's reaction to any change that requires an adjustment or response. We have all dealt with stress in our lives, some differently than others.

Tune into our November webinar presented by Dr. John Wynn, a Clinical Professor of Psychiatry and Behavioral Services at the University Of Washington School Of Medicine, to learn about stress.

This hour long webinar will cover:

- What stress is
- What causes stress to occur
- How to cope with stress
- Q & A

**Presented by:**



**Dr. John Wynn**

Clinical Professor of Psychiatry & Behavioral Sciences  
University Of Washington School of Medicine

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