



**OLS Outreach**  
CORPORATE & COMMUNITY

OLS Outreach delivers cutting-edge  
programs to  
**Educate – Motivate – Maximize**  
the human potential.

Our goal is to give you the  
tools and the confidence to **OPTIMIZE** your  
own life experience.

## **OLS Corporate & Community Outreach 2026 Wellness Campaign**

### **RELEASE STRESS - NOW! (STRESS 1) – OVERVIEW**

This workshop offers a unique opportunity to understand and appreciate stress from a completely different perspective as we explore quick and easy techniques to resolve it effectively.

### **Imagine the FREEDOM of overcoming feelings of powerless and stress – IMMEDIATELY!**

This workshop takes a very direct and easily applicable approach to the keys to releasing stress:

- How to dissolve and resolve stress internally
- How to walk through a storm and feel as though you're in the midst of paradise
- How to feel powerful, passionate and happy instead of powerless and exhausted
- Pull yourself out from overwhelm and into a feeling of control and excitement

Attendees will leave with the ability to anticipate and navigate through the major personal stress challenges facing them today. Most important, they will leave empowered to immediately utilize the information and techniques presented to dramatically increase their energy, potential, productivity and happiness.

**Come join us and be a part of this very informative,  
fun and highly interactive experience.**