

# Managing Stress In

# 2019



Many of us are over stressed and today's stress relievers are no longer effective. After researching the physiology of stress and watching it's levels grow each year, it is noticed that stress has become an inescapable way of life. Attend this class to find out how stress has changed over the years and ways to minimize it in the new year.

January 11, 2019 (Register by Jan. 8)  
January 25, 2019 (Register by Jan. 22)  
9:00 - 10:30 a.m.  
Building 7260

For more information call  
Brenda Ray at  
(229) 639-7935

