



STRESS MANAGEMENT For Moms

Children bring joy, love and countless gifts to a mother's life. However, the commitment to nurture another human being from infancy to adulthood can sometimes become overwhelming. While each mother faces unique challenges, the stressors of motherhood experienced are virtually universal. Attend this seminar and learn the cause of stress for mothers and ways to manage it in the best way possible.

July 19, 2018

13:30 - 11:30 a.m.

Bldg 7260

Register by July 16

For more information call

(229) 639-7935

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