

Stress and Your Health

Dr. Joseph English

a skilled health educator,
will be presenting this
cutting-edge information.

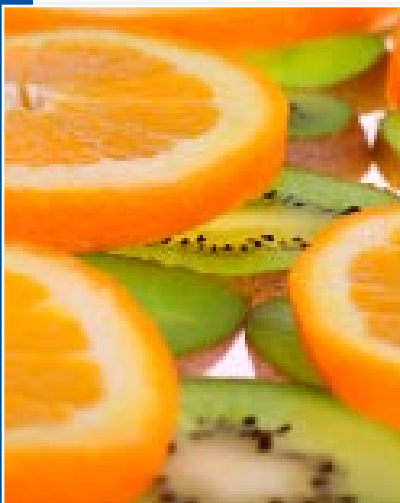
- ◆ Relaxation Techniques
- ◆ Negative effects of stress
- ◆ The good, the bad and the ugly
- ◆ Common Sense relief



Date:
Wednesday,
September 12, 2007

Time:
9:30-10:30 am

Location:
Board Room



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