



A Recipe for Lemonade: How to Manage Stress



One session workshop hosted by Kathy, Therapist

When ~ **Feb 7, 2012.** 2:00-3:30pm

Where ~ WACHC

Contact ~ Kathy 519-539-1111 ext. 209

Limited Space! Call to reserve your spot.

*"For fast acting relief,
try slowing down."
- Lily Tomlin*

We all have it...STRESS!

- Not sure how to manage it?
- Finding it hard to cope?
- Come and learn tips and tools to manage stress in your daily life.

