

# Got Stress?

## *STRESS MANAGEMENT*

Classes are scheduled on the following dates from  
0900–1100 at ACS, Bldg 920

22 Jan 26 Feb 26 Mar  
23 Apr 28 May

We can help you understand what stress is,  
its symptoms and causes and provide  
valuable tips on time management, lifestyle changes,  
relaxation techniques, diet and exercise.

Please call 531-1938 to register  
or for more information