

STRESS MANAGEMENT

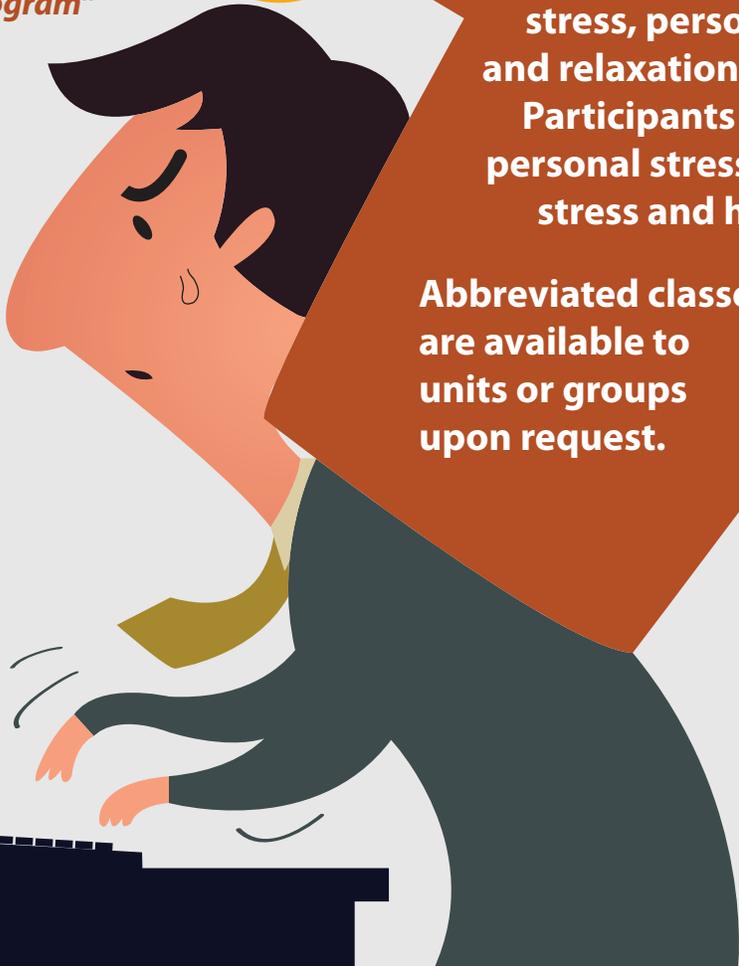
2494 Ricker Road
915-568-9129



August 23, 24 & 25
September 20, 21 & 22
9AM-4PM • ACS, 2494 Ricker Rd.

Open to DoD ID card holders,
must pre-register to attend.

To register online, visit
www.bliss.armymwr.com
search "Family Advocacy Program"
or for more information,
please call 568-9129.



This workshop will discuss stress, personality types and relaxation techniques. Participants will address personal stress, workplace stress and home stress.

Abbreviated classes are available to units or groups upon request.

