

# Stress Management Group



This 7 week small group will focus on coping skills for stress management. Learn about stress, it's impact on physical and emotional health, and ways to combat the stressors in your life. Walk away with a personalized stress management plan.

**Date:** Mondays  
September 11th to October 30th

**Time:** 1:30pm—3:30pm

**Location:** NFHT

**TO REGISTER**

\*speak with your  
doctor for a referral