

Effective Stress Reduction and Management

How to Lower Your Stress and Manage It Better



Presentation Objectives:

- Describe the physical effects of stress on the major body systems
- List emotional/behavioral warning signs of stress
- List steps to find solutions to identified stressors
- Utilize stress management techniques

Wednesday, April 14, 2010

6:30-7:30 P.M.

Shenandoah Community Ambulance Association

Registration is Required!

Each participant needs to register with Clinical Outcomes Group, Inc. by Tuesday, April 13, 2010. You may register via email at info@COGInc.org or by calling 628-6990 or 1-800-264-1290.

Brought to you through the Shenandoah Community Ambulance Association Workplace Wellness Program!



COGI
Clinical Outcomes Group, Inc.
Improving the Health of Our Communities