



STRESS MANAGEMENT

Tuesday, April 30 | 12:30pm - 1:30pm

Room #220, Kent County Levy Court Administration Building

Learn about the nature of stress and how your body reacts to it.

In this interactive session, you will discover:

- The harmful effects of stress and how to manage them
- Strategies for regaining control
- Relaxation techniques

Lunch provided. Open to all Health Trust enrollees.



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RVSP REQUIRED Please contact Evelyn Jopp at Evelyn.Jopp@CO.KENT.DE.US or Kimberly Dixon at Kimberly.Dixon@CO.KENT.DE.US, 302.744.2312 to register.