

Please Post – Class Sponsored by 4J Joint Benefit Committees



Stressed Out?

4J IS OFFERING A PROGRAM THAT CAN HELP!

TITLE:	<u>Stress Management for Better Health</u>
DATES:	February 20 & 27, March 5 & 12 (4 consecutive Mondays)
TIME:	4:30 – 6:00 pm
WHERE:	North Eugene High School Library

Facilitated by: Jennifer Wagner, LPN, BS, COPES Coordinator
and

Bruce Czuchna, Ph.D.

Upon completion of this 4-class series, participants will be able to:

- Identify how stress affects physical and mental health
- Demonstrate brief effective relaxation techniques to reduce muscle tension and emotional stress
- Utilize skills and tools for coping with stress
- Apply positive self-talk and explain why it makes a difference

This program is open to all benefits-eligible employees and their dependents. The only cost is a \$20 materials fee, which is fully refunded if you complete the class series.

To Register, Call Jennifer Wagner at 228-3030
E-mail: jwagner@cascadehealth.org