## The Road to Relaxation & Stress Management Workshop

Five workshops on understanding stress, relaxation and simple, yet effective tools available to help manage it.

Wednesday, June 10<sup>th</sup>, Noon -12:50 p.m.., Session 1 Wednesday, June 17<sup>th</sup> Noon-12:50 p.m., Session 2 Wednesdays, June 24, J