

STRESS REDUCTION TOOL BAG

Location: NOVA MEC Room 256
6699 Springfield Center Drive
Springfield, VA 22150

How do you know you are stressed? Do you recognize the symptoms of stress? Explore the newest research, and what experts are saying about good and bad stress. Participants will gain the tools to manage stress, including mindful communication.

This workshop is sponsored by the NOVACares office and presented by the Anthem Employee Assistance Program.

Lunch will be served!

**SAVE THE
DATE:**

**WEDNESDAY
04/12/2017**

**11:30 AM–
12:30 PM**

For more information

or to RSVP contact:

Latrice Shannon

lsshannon@nvcc.edu