



STRESSERCIZE

A 6 WEEK STRESS MANAGEMENT PROGRAM

This 6 week stress management workshop is designed to educate you on what creates stress, physiological effects on the body from stress and the steps you can take to minimize the negative effects stress many have on you.

WHEN: Wednesdays at 6:15pm -7:00pm

WHERE: Oneida Family Fitness - Family Education Room

SESSION DATES: February 17 & 24 and March 2, 9, 16, & 23

REGISTRATION:

- Fee - FREE
- Registration is limited and fills fast!
- Pre-Registration required. Registration ends once class is full - classes fill fast!
- Register at Oneida Family Fitness - Reception Area
- Call for more information (920) 490-3730

Program Includes:

- RAS points will be awarded upon completion of the program
- FREE weekly personal training sessions while you are in the program
- Gain an understanding of stress and how it impacts your life
- Identify the source of your stress
- Learn healthier ways to manage stress through interactive activities
- Learn to incorporate your "stress relieving activities" into your daily life

QUESTIONS: Email Megan at mgauthi1@oneidanation.org