



STRESSERCIZE

A 5 WEEK STRESS MANAGEMENT PROGRAM

This 5 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 may have on you.

WHEN: Mondays at 5:00pm –5:35 pm

WHERE: Oneida Family Fitness - Family Education Room

SESSION DATES: October 9, 16, 23 & 30 and November 6

YOU MUST ATTEND 4 OF THE 5 SESSIONS TO GET YOUR RAS POINTS

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

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 Hanna at hleisgan@oneidanation.org