



*Program — Focus on Seniors
National City Public Library
1401 National City Boulevard
National City, CA 91950
Information—619-470-5830*



Managing Your



Stress



Presented by:

Larry Solomon, PhD.

Thursday, January 19, 2012

6:00 to 7:30 PM

- ⇒ Physiological, behavioral & psychological effects of stress*
- ⇒ 11 Strategies for stress management*
- ⇒ Guidance to develop your personal stress management program*

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