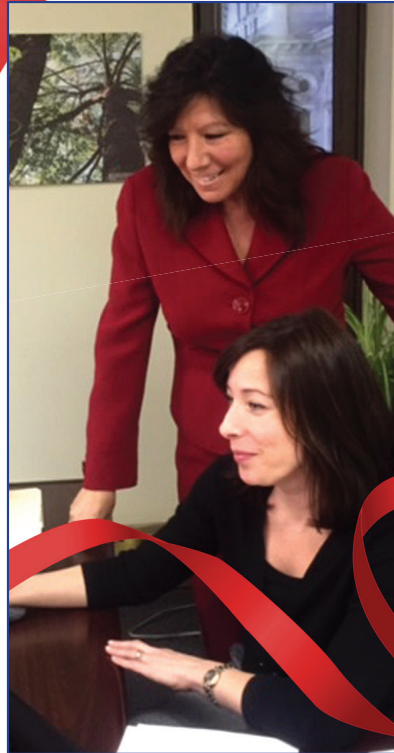


**SENATOR SUE SERINO &  
THE AMERICAN HEART ASSOCIATION**

PRESENT:

**DON'T MESS WITH STRESS!**

*STRESS MANAGEMENT WORKSHOP*



**Senator  
Serino  
& American  
Heart Association**  
Remind You:

**Don't Mess  
With Stress!**

**Stress Management  
Workshop**

Recognize YOUR signs  
Learn about unchecked stress  
Make simple changes

**Through this workshop  
you will learn stress  
reduction techniques:**

- Recognize your signs and symptoms of stress (it's not the same for everybody);
- Learn about the long-term health repercussions of unchecked stress; and
- Increase awareness to help empower you to lower your stress and learn how to respond rather than react to stressful situations to help take control over your life.

You'll leave with a better understanding of how your mind and body interact with one another and what you can do to help yourself better respond to stress throughout your over-packed, over-scheduled day!

**JOIN US!**

**Thursday, June 30 • 6:00-7:30 pm**

**Fishkill Town Hall**

**807 Route 52, Fishkill 12524**