

Health & Wellness Presentation

Tuesday, February 24, 2015 1:00-2:00

Topic: Stress and Strategies for managing stress



What is stress? What are the signs & symptoms of stress? What can we do about it? Come learn the answers to these questions as well as some techniques to handle the stress in your life. Presentation by Roberta Robinson of the Cambridge Health Alliance. This program is for Seniors 60+

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