

# **STRESS MANAGEMENT WORKSHOP**

**DEALING WITH STRESS? NEED HELP COPING WITH LIFE' CHALLENGES? TOO MUCH STRESS IN YOUR LIFE CAN NEGATIVELY AFFECT YOUR PHYSICAL HEALTH AND EMOTIONAL WELL BEING.**

**ALLIANCE CENTER  
FOR INDEPENDENCE  
629 AMBOY AVE,  
EDISON, NJ**

**JOIN PRESENTER MICHAEL PEARSON, THE TRAINING AND TECHNICAL ASSISTANCE COORDINATOR OF THE NEW JERSEY SELF-ADVOCACY PROJECT AT ARC OF NJ, AS HE TEACHES US HOW TO BETTER MANAGE**

**THURSDAY,  
MARCH 21ST  
1 TO 2 PM**

**RSVP**

**ADACIL.ORG / 732-738-4388  
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