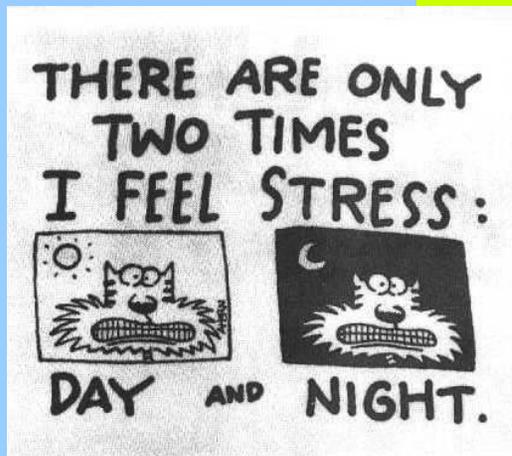


LUNCH & LEARN: SIMPLE WAYS TO REDUCE STRESS

Lifesigns

Smart Steps



Do you have any good stress or is it all “bad”?
What’s the difference between the two?
April Hanlon with Lifesigns teaches easy exercises to
do anytime. This program will equip you
with the tools you need to better manage everyday
stress both at work and home.



March 16, 2011 11-12p Health Dept. Conference Room in Murfreesboro

RSVP for sandwich, fruit, and water bottle to kperrien@rutherfordcountyttn.gov

