



Stress Less

Presented by  **KAIser PERMANente.**

Types of stress

- Personal
- Routine
- Financial
- Traumatic events
- Health
- Chemical/hormonal imbalances
- Environment

Friday, March 31, 2017

2:00pm to 3:00pm

18255 Victory Blvd., Reseda, CA 91335



(Pre-course to the Mind, Body & Health Series

4/7-5/12 from 2:00pm-4:00pm for 5 weeks)