A GOOD WAY TO OVERCOME STRESS IS TO HELP OTHERS OUT OF THEIRS.

DADA J. P. VASWANI

CLICK HERE TO SIGN UP

10:25

STRESS MANAGEMENT WORKSHOP

BEGINS SEPTEMBER 13

COHORT

WORKSHOP WILL RUN EVERY SECOND WEDNESDAY
(OCTOBER SESSION SCHEDULED FOR 10/4)

IDENTIFY, UNDERSTAND, AND MANAGE STRESS

FOR MORE INFORMATION,
EMAIL TOTALREWARDS@SCSK12.ORG

Human Resources The Heart Of MSCS

MEMPHIS-SHELBY COUNTY SCHOOLS OFFERS EDUCATIONAL AND EMPLOYMENT OPPORTUNITIES WITHOUT REGARD TO RACE, COLOR, RELIGION, SEX, CREED, AGE, DISABILITY, NATIONAL ORIGIN, OR GENETIC INFORMATION.

MSCS Cares