

Stress Management WORKSHOP



**DECEMBER 2, 2023
10:00 - 3:00**

Workshop will take place in the basement of the
WMFN Health Station
Identify areas of stress and techniques for managing
them.

For More information or to register please contact
Sarah Day: 250-401-8450 or amhcc@westmo.org

Stress Management Workshop Guide

Jicheng Xie



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