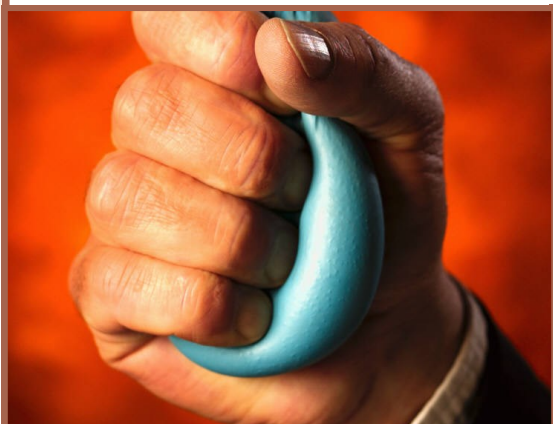


A Health Education Series

Free Event!

Featured Guest:
CR Petersen, M.Ed.



Topic:
**Stress Management
for Children and
Adults**



November 18th, 2014
6:00p.m.
Snake River Community Clinic
215 10th St. Lewiston



Stress is a normal psychological and physical reaction to the ever-increasing demand of life. Without stress management, all too often your body is always on high alert. Over time, high levels of stress can lead to serious health problems. That's why stress management is so important, it can give you the tools to calm your body.

Source: The Mayo Clinic <http://www.mayoclinic.org>



For more information, contact Deb Merica at
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www.idahopublichealth.com