

A HEALTH EDUCATION SERIES

Free Event!

Featuring:

SARAH RIAL, LMSW
St. Joseph Regional Medical Center



STRESS: WHAT IS IT AND
WHAT CAN I
DO ABOUT IT?

JANUARY 7, 2016

6:00 P.M.

SNAKE RIVER COMMUNITY CLINIC

215 10TH STREET, LEWISTON



Getting the right care and support can put problems in perspective and helps stressful feelings and symptoms subside. Source: Centers for Disease Control. <http://www.cdc.gov>.



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