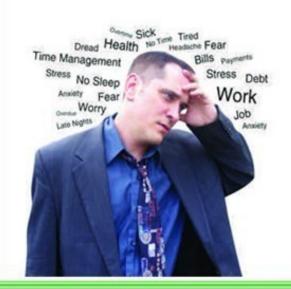
## A HEALTH EDUCATION SERIES Free Event!

## 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.

## Public Health

For more information, contact Deb Merica at Public Health - Idaho North Central District (208) 799-0379. www.idahopublichealth .com