

FAR SOUTHEAST FAMILY STRENGTHENING COLLABORATIVE, Inc.



JOIN US for “LET’S TALK”
THE TOPIC
STRESS REDUCTION

Why is it important to manage stress?
Replacing the unhealthy with healthy
Develop a “stress relief toolbox”
Stress Reduction and more

Monday, March 19, 2018
6:00 pm – 7:30 pm

LOCATION
BARRY FARM SUPPORT CENTER
1140 EATON ROAD SE
WASHINGTON DC 20020
(202) 889-1846

LIGHT REFRESHMENTS SERVED



Space is limited please RSVP by calling 202-889-1846 by March 15, 2018