

D-STRESS

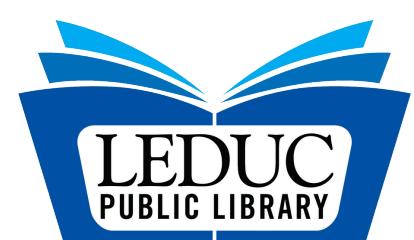
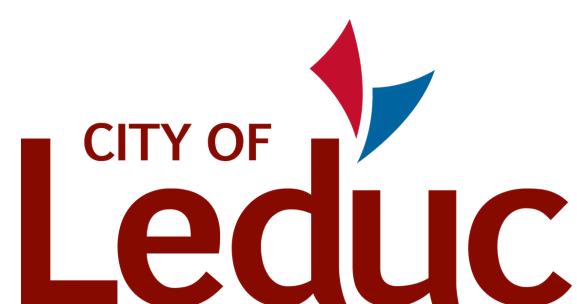
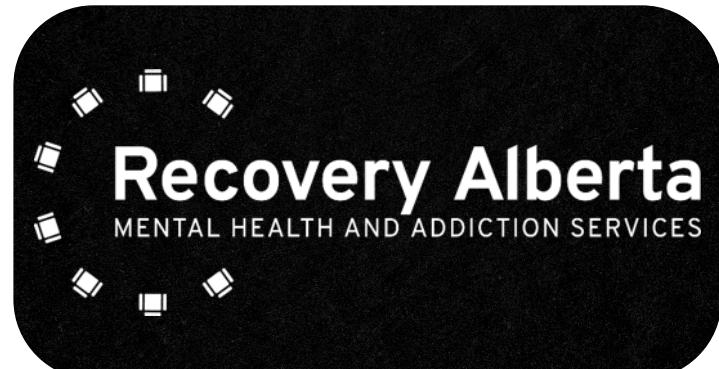
WORKSHOP

FREE • ADULT • REGISTERED



This interactive workshop includes a basic discussion of stress and how we can recognize when it becomes a problem for our health. Participants will come away with a personal stress reduction action plan, which may include stress management techniques introduced in the workshop. This program is run in joint partnership with City of Leduc FCSS and Leduc County FCSS and Leduc Public Library.

Wed, Jan 21 | 1:30 - 3:30 p.m.



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