



STRESS MANAGEMENT &

CLASS



ANGER MANAGEMENT

CLASS

**EVERY THIRD TUESDAY
OF THE MONTH
12 - 1 PM**

FAMILY ADVOCACY PROGRAM
CONFERENCE ROOM

Stress Management Class consists of a one-session class that identifies stressors and symptoms of stress. Learn how to select and implement effective stress management skills. **Participants will receive** free admission to one Yoga session at MacLaughlin Fitness Center. **Registration is required.** To register for this class, call (804) 734-6381 or **email fap@leemwr.com**

2016 CLASS SCHEDULE:

January 19	July 19
February 16	August 16
March 15	September 20
April 19	October 18
May 17	November 15
June 21	December 20

**EVERY FIRST TUESDAY
OF THE MONTH
12 - 1 PM**

FAMILY ADVOCACY PROGRAM
CONFERENCE ROOM

Anger Management Class consists of a one-session class that teaches the skills to help evaluate, understand and control anger. Learn how to control and implement effective anger management skills. **Participants will receive** free admission to one Yoga session at MacLaughlin Fitness Center. **Registration is required.** To register for this class, call (804) 734-6381 or **email fap@leemwr.com**

2016 CLASS SCHEDULE:

January 5	July 5
February 2	August 2
March 1	September 6
April 5	October 4
May 3	November 1
June 7	December 6

