



Stress Management

A Class in Health & Wellness

Instructed by: Maribeth Darst-Curran

Come learn techniques for reducing and managing the stress in your life. In this class you will learn:

- Effective time management skills
- Various methods of stress relief
- Ways to prevent stress overload

Tuesday November 5th, 2019, 6:00-8:00pm



Location: Ken Schilaty Family Learning Center
5908 Evergreen Way, Everett, WA 98203

Registration: Advanced registration is required. Complete and return the registration form to collegeofhope@housinghope.org or register on our website www.collegeofhope.org

Register by Friday, October 25th, 2019

If for any reason you are unable to attend this class please notify the College of Hope at 425-353-8112 by no later than 12 NOON the day of.