

## **BREMEN TOWNSHIP Wellness Series**

*Coming in May: "Stress Less"* Uncertainty about health, money or even change in routine after retirement can lead to stress, anxiety and even depression. Join Ingalls behavioral specialist for an informational program on stress awareness and management. Learn what stress is, what causes stress and the negative effects of stress. Discover a range of techniques to relax your mind, body, and soul and learn the strategies for effectively de-stressing during times at work or at home. Tuesday, May 16, 10:30am. Bremen Twp. Senior Center.

Speaker: Felicia Houston, MA, LCPC, Ingalls Behavioral Health

More info and registration at 687-8220. Ask for Joan or Sue.