

“Excuse Me, You Seem To Be Stressed”

Stress Management Workshop

Instructor: Roberta Macdonald, MA, MH
Therapist, Educator and Instructor of
Calming Down: Anger/Stress Management Course

- Learn the art of dealing with stress
- Learn how to deal with the chaos around you
- Be able to handle emotional upheaval, stress, anxiety
- Find a better way to solve problems rather than worry about them
- Create a more positive and assertive attitude toward life
- Put up “the shield” against negative people and situations

This class is for teens and adults of all ages.

Bellevue College – North Campus
November 1, 2011 1 Tuesday night
6:30 pm-9:30 pm
Item #8966 Fee: \$49 Room: V1104

To Register: Call 425-564-2263 or gotobcc.com/explore



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