

3-session class for adults with intellectual/developmental disabilities at no cost. Sponsored by: North Los Angeles County Regional Center



Reduce Stress and Anxiety **Activity Class**



Are stress and anxiety causing you problems? Join this 3-session activity class.

3 Tuesdays from 10 AM - 11:30 AM- 9/28, 10/5 and 10/12/10

We'll discuss and have group activities on:

1. Warning signs of stress and anxiety
2. Ways to cope by using humor, taking a break, exercising and more
3. How to prepare for stressful events
4. Referrals and resources for more help

**At North Los Angeles County Regional Center-
15400 Sherman Way, Van Nuys- on Sherman Way,
West of Sepulveda Blvd.
Conference Room 210 on the 2nd floor**

**Please contact Kathryn Lincoln at 818-756-6225,
kathrynl@nlacrc.org by 9/21 to reserve your seat.**

Please attend at least 2 of the 3 sessions.