



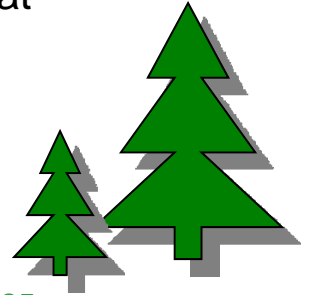
NEED HELP MANAGING YOUR STRESS?



You before
the
workshops

The Program in Conflict Studies and Dispute Resolution at UNCG presents:
three relaxing weekend experiences in our tranquil wooded location at
5900 Summit Avenue in Brown Summit (opposite Bryan Park)

Learn easy ways to manage signs of stress: tension headaches,
trouble sleeping, muscle pain, anxiety, deadlines, fatigue and irritability
Enjoy the in-class practice. **Relax** while you learn.



Our instructor, **Dr. Suzanne Hidore**, earned a Ph.D. in counseling from UNCG and has 25 years of experience working in the area of stress management. In addition to stress management, she is a leadership and organizational development consultant.

DATES: Saturday, Oct 17, 24 and 31

TIME: 9:30 am – 12:30 pm

COST: \$60 for the series, or \$25 a session, but the experience is cumulative, so try to make all three days



HOW TO REGISTER: Call the Program in Conflict Studies at UNCG at (336) 217-5100 or email Joe at jnboraws@uncg.edu to register and leave contact information and learn what to bring to the workshops. Checks or cash at the door.



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