

Please join us for our

# TAKE A BREAK TO EDUCATE!

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## STRESSED OUT!

### **A 3-class series on how to cope with stress effectively**

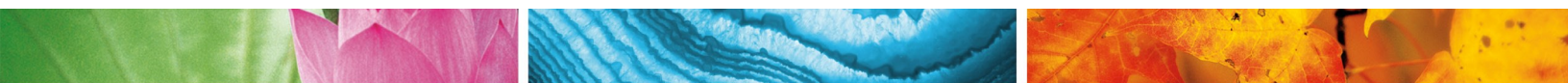
Join a registered dietitian to learn and understand about the negative effects of stress. Develop an individualized plan to reduce stress in your life by gaining tools in nutrition, exercise and sleep techniques. You're welcome to come to one or all classes in this series!

### **Location: City of Tacoma at Tacoma Public Utilities Auditorium**

**March 11th (3-4pm):** Overview of stress physiology & general recommendations on stress

**April 3rd (2-3pm):** Deeper look at stress and nutrition, exercise & meditation

**May 15th (2-3pm):** Stress and sleep & relaxation techniques



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