Stress Management Support Group

Coming Soon this September

Need stress relief? According to the staff at the Mayo Clinic, mastering four strategies - the 4 A’s will help you cope with stress. Avoid, Alter, Accept or Adapt. It takes practice and our support group will guide you through the process. Learn techniques to reduce anxiety and gain control of life’s stressors.

To reserve your place in this support, please call

(310) 394-9871, ext. 373
1527 4th St., (Ken Edwards Center) 2nd Floor, Santa Monica

www.wiseandhealthyaging.org