



STRESS MANAGEMENT

*Does it seem that you are living in a whirlwind? Are you living from crisis to crisis?
Does it seem that your life is one big over-reaction?
Are you exhausted, drained, or irritable much of the time?
Are you ready to put some balance in your daily living?*

10:00-3:00

Wednesday

February 13, 2008

Join us for

**BEST Strategies for Stress-less living - Basing life on your values
Expecting too much - Stopping over-reaction
Telling yourself "It's only popcorn!"**

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**Please mail \$7.00 registration fee and form to:
SC SHARE 427 Meeting St. West Columbia, SC 29169 or Fax (803) 739-8226
Space is limited to 12 registrations - Please call to RSVP as soon as possible (803) 739-5712 or (800) 832-8032.**

Name (please print) _____ Organization _____

Street _____

City _____ State _____ Zip _____

(Area Code) Telephone Number _____ E-mail address _____

Personal check # _____ Money Order PO # _____