

SUCCESS OVER STRESS

Success over Stress is a stress management course for adults living in the community.

This course will explore:

- The importance of self-awareness when it comes to managing stress
- Ways to manage chronic health conditions by maintaining control over stress
- Ways to achieve balance so it's easier to cope with life's everyday hassles
- Practicing relaxation techniques to restore a relaxed state of mind and body

This 5 week course, provided by Occupational Therapists of Alberta Health Services, Allied Health Services, will be practical and interactive.

Classes are once a week with each session lasting two hours long.

2010/2011 Workshop Schedule

Site	Date	Time	Contact for registration
Edmonton West Primary Care Network 155 St & 87 Ave (basement) Edmonton, AB	August 23, 2010 to September 27, 2010 5 consecutive Mondays (excluding September 6 stat)	10:00 a.m.- 12:00 p.m.	780.702.6860
Millwoods Library 601 Millwoods Towne Centre 2331 66 St. Edmonton, AB	September 13, 2010 to October 18, 2010 5 consecutive Mondays	2:00 p.m. – 4:00 p.m.	780.496.1818
St Albert Senior Citizens Centre 7 Tache St. St. Albert, AB	October 4, 2010 to November 2, 2010 5 consecutive Tuesdays	1:30 p.m. – 3:30 p.m.	780.459.0433
Northgate Lions Senior's Centre 7524 139 Ave. Edmonton, AB	November 2, 2010 to November 30, 2010 5 consecutive Tuesdays	10:00 a.m.- 12:00 p.m.	780.496.6969
Edmonton Senior's Centre 11111 Jasper Ave. Edmonton, AB	January 27, 2011 to February 24, 2011 5 consecutive Thursdays	10:00 a.m.- 12:00 p.m.	780.342.8625