

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 Community Rehabilitation, will be practical and interactive. Classes are once a week with each session lasting two hours long.

For more information:

**Occupational Therapy
Services for Seniors
Allied Health-Edmonton
Zone**

(780) 342 - 6826

Fall classes 2011

Updated: October 31, 2011

Location	Contact for Registration	Starting Date & Time
North Edmonton Seniors' Association (NESA) Glengarry Community Services Bldg. 13315-89 St	Josie Leiter 780-944-5766	Friday Oct 14 – Nov 18, 2011 9:30-11:30 a.m.

Spring/Summer Classes 2012

Location	Contact for Registration	Session Dates & Times
Edmonton Senior's Centre 3Y, 11111 Jasper Avenue Edmonton	Call to register 780.342-8625	Thursday May 31 – June 28, 2012 9:30 – 11:30 a.m.