

Taking Care of ME

Brownbag Lunch Series

Noon to 1:00 p.m.

at the

Landon Center on Aging, Room 200

November 5, 2008 (Wednesday)

Presenter: Diana Luppens

The purpose of this program is to discuss the affects of stress physically, emotionally, mentally and at work. You will also learn how to identify ways to cope with stress and create a "stress-buster" plan.



<http://www2.kumc.edu/coa>



THEO AND ALFRED M. LANDON
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Call Matt Chandler at 913-588-3094 to Register.