Managing Stress in Everyday Life

Brownbag Lunch Series

Noon to 1:00 p.m.

at the

Landon Center on Aging, Room 200

March 14, 2007

Presenter: Mary Bradley, LMSW, Southview Homecare

With demands made on us by family and loved ones, illness, grief, changes in plans, to-do lists that keep getting longer, bills that must get paid and care we must provide to others (not to mention ourselves), it's no wonder we all experience stress. Come learn some practical, easy-to-use tips for keeping your wits while managing life's daily challenges.

http://www2.kumc.edu/coa

Theo and Alfred M. Landon
Center on Aging

University of Kansas Medical Center
3599 Rainbow Blvd.

Call Matt Chandler at 913-588-3094 to RSVP. Space is limited.