



The County Women's Network presents:

April Braswell

www.aprilbraswell.net

Burnout Blues: How to Reduce Stress

Welcome to the 21st century. Modern life is full of stresses. It's great when you can turn off all your devices, but most of our lives are just too super busy and demanding, and will continue to be. You don't have to unplug and move to the country to reduce your stress.

During this presentation, you will learn:

- * How to manage your mind to reduce stress levels
- * How to manage your mouth - What goes in and what comes out
- * How to incorporate sound and your essential side to keep stress level and stress hormones down

♦ January 28, 2015

♦ 11:30am—1pm

♦ San Bernardino
♦ Public Employee's Association
433 North Sierra Way
San Bernardino, CA 92402

Panera Bread Lunch Box available
sandwich, cookie and bag of chips (\$10)

- Sierra Turkey
- Ham and Swiss
- Tuna Salad
- Mediterranean Veggies

Non-Members pay a \$5.00 meeting fee

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HELP SUPPORT A LOCAL HOMELESS SHELTER!!

Please donate blankets to our Annual Blanket Drive. Without donation from individuals like you, this would not be possible. You will receive an extra raffle ticket for a door prize. Thank you for your support!

Please RSVP with your lunch order by Thursday, January 22 to:

Tracy.Sulprizio@hss.sbcounty.gov

**** Members** - Don't forget that you will receive a raffle ticket for every monthly meeting that you attend. The prize is a \$100 certificate to Glen Ivy Hot Springs! The prize will be awarded at our June meeting.