

# DEALING WITH STRESS DURING THE HOLIDAYS WORKSHOP



Friday, 9 December 2022 at ACS  
located at bldg. 225 Davis Street  
Section A: 10 a.m.  
Section B: 3 p.m.



For additional information  
787-707-3804 or 787-707-3292 or  
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Stress during the holidays and throughout the year can become a problem and could affect your health when it goes on for too long. Join us to learn effective ways to maintaining a balance so stress does not manage your well-being or/and health.

Workshop will be provided by the ACS Military and Family Life Counselors (MFLCs).

