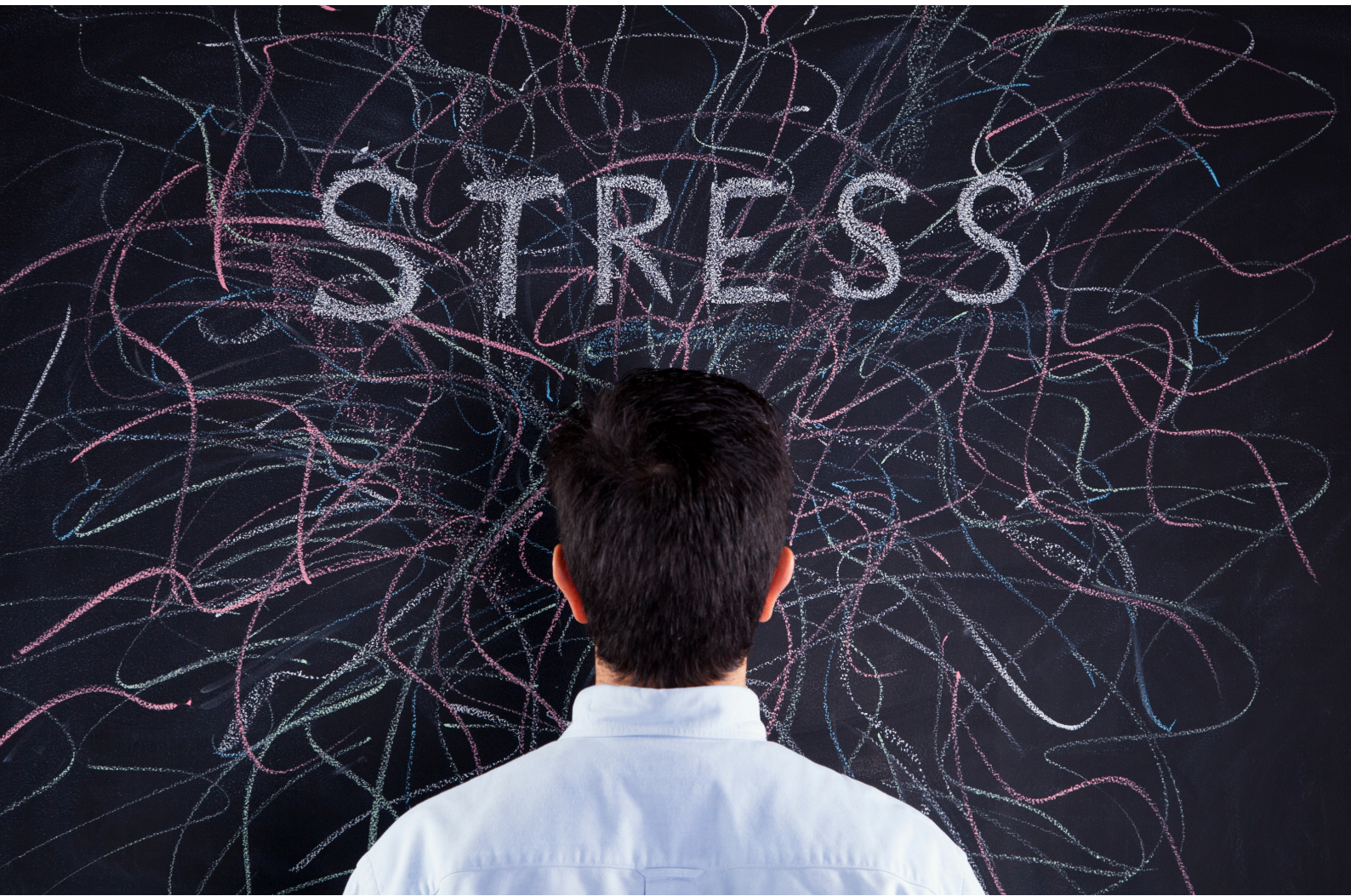


DEALING WITH STRESS?



Stress is your bodily response to life's demands. In order to thrive in our current world situation, you must be able to manage your stress level in response to the multiple demands you may face on a daily basis. Everyone faces a variety of demands and expectations throughout their day. Stress is not entirely negative. Join the ACS/Family Advocacy Program to learn the difference between Stress and Stressed-Out.

**TRAINING DATES: JAN 15 | FEB 12 | MAR 19, 2021
11 AM TO 12 PM**

**To register for this class, call ACS/FAP at 787-707-3709
or email ruth.e.gonzalez.civ@mail.mil.**

