

Alberta Healthy Living Program

HEALTH EDUCATION CLASSES



Living Well with Stress

Stress is a part of life, and it can easily become overwhelming. Join us to learn about:

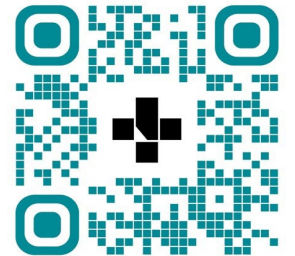
- What stress is and what causes it
- How stress can affect your life and chronic condition(s)
- Healthy ways to manage stress
- Ways to prevent or reduce stress

Join us at the

Nicholls Family Library on May 14 from 2:15-4:15 p.m.

For more Information you can:

- Call 1-844-527-1160;
- Visit ahs.ca/ahlp; or
- Scan the QR code



**Alberta Health
Services**

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Program