

The TABCO Instruction & Professional
Development Committee presents:

Stress Management Workshop

- Identify and understand what causes you stress
- Various ways to deal with it
- Different stress relieving remedies
- Practice a few of the techniques

Please dress comfortably and bring a towel, yoga mat, or blanket that can be used on the floor. Pillows are optional!

It's sure to be a calming and relaxing experience!

Thursday, February 9, 2012

4:30 – 6:30 pm

TABCO, 22nd floor

305 East Joppa Road, Towson, MD 21286

Food, Refreshments, and Door Prizes will be provided.

Space is limited to the first 30 people that respond.

**Contact Stacie Strickland to reserve your space
at sstrickland@mseanea.org or call 410-828-6403.**

For TABCO Members only