

Stress Management

The Canadian Mental Health Association in Sussex will be offering a four-part workshop on stress and stress management. Information covered will be decided by the participants, but can include information on:

- General Stress
- Stress and Nutrition
- Stress and the Workplace
- Stress and Exercise
- Stress Management Techniques
- Mental Wellness and Mental Fitness

Workshops will be held on Thursday afternoons from 4-5:30PM and will commence once minimum registration is reached.

To register or for more information please contact Melissa Baxter, Regional Community Worker, Canadian Mental Health Association:

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