



Spring 2017 Workshops

For questions about accessibility or to request an accommodation, please contact us at (407) 823-2811. Space is limited. No appointment required.

FROM **STRESS** TO SUCCESS

WEDNESDAYS
4:00 pm
1/25 - 4/19

Come learn about thoughts and feelings that lead to stress, and leave with effective coping skills.

IMPROVE YOUR **MOOD**

THURSDAYS
4:00 pm
1/26 - 4/20

Find out how to identify signs of low mood so you can start to self-manage and feel better.

DRUM YOUR STRESS AWAY

Feb. 1 at 12:00 pm | Mar. 1 at 12:00 pm

Lower your stress and increase relaxation skills by discovering your personal rhythm.