



# Community Health Teams

## Take Charge of Your Stress 4-Week Program

Stress can have significant impacts on our health and wellbeing. Together we will learn about stress, explore how we experience stress, and practice a variety of skills you can use to reduce stress symptoms.

**Wednesdays, March 22 – April 12**  
**1:00 – 3:00 pm**  
**Bethany United Church**  
**2669 Joseph Howe Drive**



[www.communityhealthteams.ca](http://www.communityhealthteams.ca) • 902-460-4560

