

GOT STRESS?

YOU'RE NOT ALONE

Please join us for a **FREE** Stress Management Workshop

Facilitated by:

Swetha Vajapey PsyD & Preet K. Sabharwal M.A.
(Supervised by Ramandeep Kular PSY24849)

Come learn how to recognize stress, how to minimize stress and how to work through stressful situations.

Thursday April 3rd, 2014

6pm-7:30pm

The Hume Center

39465 Paseo Padre Pkwy Ste 2100

Fremont, CA 94538

For more information or to reserve your seat please contact:

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Opening minds for a healthier tomorrow



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