

FREE



Workshop

Presents

“Stress Management”

**October 24, 2018
2-4pm (CST)**

Daviess County Public Library
2020 Frederica Street
Owensboro, KY 42301

Is stress the head of your household? Are you ready for the stressor ambulance? Let us give you some tips, strategies and ways to help relieve the stress that comes from life.

[Register Now](#)

([http://dcplibrary.evanced.info/signup/EventDetails?
eventid=1069](http://dcplibrary.evanced.info/signup/EventDetails?eventid=1069))

Daviess County Public Library: 270-684-0211, ext. 237

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DAVIESS COUNTY PUBLIC LIBRARY



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