







"Stress Management"

Saturday, November 17, 2018 9am-12pm (CST)

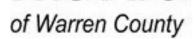
Hillvue Heights Church 3219 Nashville Rd Bowling Green, KY 42101

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.



Stella Beard, KY-SPIN Education and Outreach Coordinator stella@kyspin.com or 270-566-8007(Cell) 270-384-5613 (Office)





Kentucky-Special Parent Involvement Network, Inc. N Toll Free 800-525-7746 Website: www.kyspin.com