

“Excuse Me, You Seem to be Stressed !” Stress Management Workshop

Instructor: Roberta Macdonald, MA, MH
Therapist, Educator and Instructor of
Calming Down: Anger/Stress Management Course

- Learn the art of dealing with stress
- Learn how to deal with the chaos around you
- Be able to handle emotional upheaval, stress, anxiety
- Find a better way to solve problems rather than worry about them
- Create a more positive and assertive attitude toward life
- Put up “the shield” against negative people and situations

This class is for teens and adults of all ages.

**Bellevue College – North Campus
June 8,2010 1 Tuesday night
6:30-9:30 pm
Item #8969 Fee: \$49 Room:TBA**

To Register: Call 425-564-2263 or www.gotobcc.com/explore

Or register through the BC link www.robertamacdonald.com

For more information: call the Instructor at 253-941-2124
or email at robertamacdonald007@gmail.com .