

# Stress Management Workshop

Feeling overwhelmed by the stressors in your life? Want to have a more balanced life? Come learn how stress impacts your life and body, acquire some strategies for coping, and find ways to regain balance and perspective in your life.

**August 21 at 7pm**

**Please register in advance.**



This talk will be presented by Sara Ralph, a nationally certified and licensed professional counselor located in Bryn Mawr, PA. She specializes in treating anxiety, depression and relationship challenges. Other professional interests include grief/loss and career counseling. Sara is an adjunct faculty member at Eastern University. To learn more Sara or her services, visit: [www.sararalphpc.com](http://www.sararalphpc.com).