

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.

MAY 14 at 7:00

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.