

JOIN US FOR AN INFORMATIVE LUNCHEON

MAY 15TH, 12-1 PM

AT THE SMHWC LOWER LEVEL CONFERENCE ROOM

COPING SKILLS & GENERALIZED STRESS

**LEARN TO RECOGNIZE STRESS AND
WHAT CAN BE DONE TO MANAGE IT**

**JEFF LANGLOIS, M.S., L.P.C
BEHAVIORAL HEALTH MANAGER**

RSVP to Vi Azzolina at 715.793.3018
Email: violet.azzolina@mohican.com
by May 10th, 2024



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT