

Stressed Out?!



OVERWHELMED by school, tests, relationships, friends, family, and thoughts of the FUTURE?

Join Your Friends & Classmates

on

Thursday, February 27, 2014

3:30 pm Black Box Theatre

For LICADD's Stress Management Program ...So You don't have to feel like that anymore!

LICADD's Stress Management Program teaches techniques and skills that can help you feel calmer and more in control during life's stressful situations!

