



GIVE Your Health a BOOST!

MANAGING STRESS - PART II

WORKSITE PROGRAM

This 1-hour class is a more interactive version of MHN's popular Managing Stress class. Participants will learn to identify and understand the symptoms of stress build-up and will take part in exercises designed to assist in responding to life's stressors in a healthy way.



LOCATION

Rancho DAAS
9445 Fairway View Place
Rancho Cucamonga

DATE

11/10/2009

TIME

11:00 a.m. - 12:00 p.m.
1:00 a.m. - 2:00 p.m.

CLASS ID

27639
27640

TO REGISTER

- Take advantage of the PERC web-based registration system at <http://countyline/perc>, click on "PERC e-Learning" and follow the simple steps to enroll in the class ("All Classes" selection; search word "stress"); or
- Call the registration system at (909) 388-4110

This 1-hour wellness class may be attended on County regular time with your supervisor's approval.

No Education Assistance Proposal (EAP) is required for this class.

FOR MORE INFORMATION

- Visit the My Health Matters! webpage at <http://countyline.sbcounty.gov/hr/benefits/MyHealthMatters/>
- Contact your Department Wellness Advocate, see a directory at www.sbcounty.gov/hr/Benefits_MyHlth.aspx
- Email the Employee Benefits and Services Division at mhm@hr.sbcounty.gov or call us at (909) 387-5787

