



S.O.S.

(Solutions On Stress)

Stress can cause:

- Anxiety
- Irritability
- Sleeplessness
- Weight Gain
- Anger

*Get those stress levels down!
This workshop will empower participants to better
understand and manage daily stress.*

2 p.m. Saturday, September 13
Sun Prairie Public Library
Community Room

Presented by Jodi Barnhart, Peace of My Heart.

For more information: 825-0702 or sunref@scls.lib.wi.us

If you need accommodations to attend this program, please call
825-7323 two weeks in advance.

Sun Prairie Public Library
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