



# STRESS & TENSION CONTROL



**Adults 18 & older**

**Members Free**

\*Community Center memberships eligible only

**Non-Members \$20**

\*Registration is required for all participants

[www.colliertownship.net](http://www.colliertownship.net)  
724-693-0780

## Program Outline:

- ✓ RAAA Strategy
- ✓ Stress Relief
- ✓ Stress Management
- ✓ Relaxation Techniques

**SEPT. 25 to NOV. 13**

THURSDAYS | 6:00PM TO 7:00PM

**Collier Community Center**

5 Lobaugh Street, Oakdale, PA 15071

