**Finding Ease in a   
Stressful World**

**Tuesdays   
3:00 to 4:30 pm**

**Room 1193 – Group Room A   
WCHC**

* *Do you want more ease and relaxation in your life?*
* Do you want to learn skills to reduce stress at home? At work? In your relationships?

For information contact health coach  
 Dr. Changaris at 925.335.7435

**Join us for our ongoing, drop-in,**

**stress-busting workshop!**

*WCHC Health Coaching Classes*

[Reality is the leading cause of stress among those in touch with it.](http://www.brainyquote.com/quotes/quotes/l/lilytomlin130989.html)...   
Lily Tomlin

