

The Willingboro Board of Education

Proudly presents the workshop:

Stress Management for Regaining Life's Balance

Provided by John Kriger, Kriger Consulting, Inc.

December 11, 2018 6:30-8:00 pm
Willingboro Board of Education Offices
440 Rancocas Rd., Willingboro, NJ 08046

*****This is a FREE workshop. Registration is NOT required.*****

Today's life style is fast paced with overwhelming demands for our time. It's increasingly difficult to balance our lives, especially during the Holidays! This interactive session provides strategies you can immediately use to reduce stress and offset it's negative impact. Learn to develop a "rebalancing plan" to experience less stress and better manage the challenges life throws at you.

Questions regarding this workshop?

Please call (609) 876-1143



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Dr. Ronald G. Taylor, Superintendent of Schools - 12/3/18