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| October 17th | 3:45 P.M | Office of Special Services Conference Room |

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| Strategies for Stress Management and Burnout Prevention |

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| Presented by: Kyla Warnick and Sherese Hicks  Office of Special Services: 479-890-5733  Please RSVP by email to kyla.warnick@rsdk12.net |



This brief session is designed to give you tools to reduce stress in your life. The one-hour session will teach specific skills for:

* Prevention-managing your boundaries, knowing how to say no, and managing work load
* Intervention- strategies and specific techniques for reducing current stress

There is no cost for this session. Light refreshments will be provided.