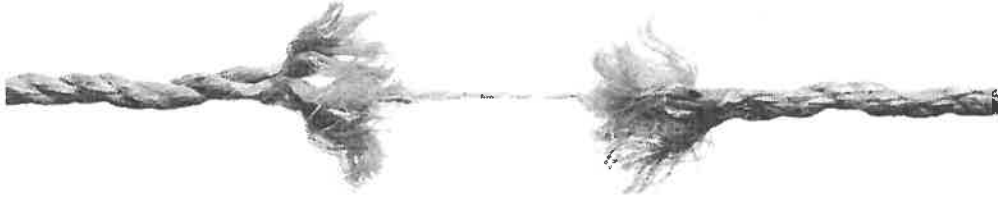


# **Join us for a relaxing series of classes to learn how to manage the stress in your life**



**September 22, 2022 2:30 pm - 4pm**

## **Stress Management 101**

- What is stress and the brain science behind it
- Managing stressors and our stress response

**October 6, 2022 2:30 pm - 4pm**

## **Stress Management 102**

- What is Mindfulness Based Stress Reduction (MBSR)?
  - The science behind why it helps.
- Everyday mindfulness, relaxation exercises, guided meditations, and resources.

**October 20, 2022 2:30 pm - 4pm**

## **Stress Management 103**

- Working with thoughts: our survival brain, managing the negativity bias, how to tame our thoughts.
- Impact of stress and our sleep – how to tame it

**November 3, 2022 2:30 pm - 4pm**

## **Stress Management 104**

- Bringing it all together: Developing your personal stress management plan

**Presented by Troy Internal Medicine**

**Class led by Karen Samosiuk, LMSW**

UnaSource Health  
4550 Investment Drive, Room B100  
(In the lower level)  
Troy, MI 48098

**RSVP: 248-952-5083**