



Real Colors / Real Stress

Part I: March 6 9 am - Noon

Must take Part I before attending Part II.

Part II: March 13 9 am - Noon

Participants will gain personal insight on how stress impacts individual personality temperaments and learn how to reduce stress.

Marine and Family Programs Annex (Bldg. AS-90)



449-6110

Sessions Include:

- Identifying Stressors
- Impacts of Change and Stress
- Healthy Coping Ideas
- Improving Interaction with Others



Pre-registration is encouraged.