

**DEALING WITH**

# STRESS

**a workshop for women**

- RELAXATION TECHNIQUES
- DISCUSSION
- SUPPORT



THURSDAYS  
SEPTEMBER 9, 16, 23, 30

7:30-10 PM • NO CHARGE

PHONE 736-6696 TO  
PRE-REGISTER AND TO  
FIND OUT LOCATION

CHILDCARE CAN BE  
ARRANGED IF WE ARE  
NOTIFIED BEFOREHAND

FACILITATED BY MEMBERS OF THE  
VANCOUVER WOMEN'S HEALTH COLLECTIVE