

Provided through a grant from the Burlington County Board of Chosen Freeholders  
Through the Department of Human Services, Division of Behavioral Health & Youth Services

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Presented by John Kriger, Kriger Consulting, Inc.

**Stress Reduction  
Strategies for  
Regaining Life's  
Balance**

October 2, 2017      7:00-8:30 pm  
Sacred Heart School,  
Auditorium  
250 High Street  
Mt. Holly, NJ 08060

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

Today's life style is fast paced with seemingly overwhelming demands for our time. All of this makes it increasingly difficult to balance our lives. This interactive session examines the way we experience stress and what we can do to offset its negative impact. Learn what you can do 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) 387-5226 or  
Email: [john@krigerconsulting.com](mailto:john@krigerconsulting.com)



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