

FORT LEE ARMY COMMUNITY SERVICE

Family Advocacy Program

presents

Stress Management

**Uncontrolled stress
takes away your peace of mind and can
affect you physically and emotionally.**

**Learn positive techniques and methods
to take control of your stress.**

**Classes will be held at the ACS
Family Advocacy facility,
Building 4310**



Call 734-6381 for more information
or to register for the next class.



ARMY COMMUNITY SERVICE – “Putting Soldiers and Families First!”