

STRESSED?

Let's talk about it!

**Feeling moody, excessive worrying, or having trouble concentrating?
Join us to discuss on how we could manage stress.**

14 August 2010 (Saturday) · 1.30pm – 2.30pm

Theatrette, Woodlands Community Club · 1 Woodlands St 81 Singapore 738526

FREE Registration @ Woodlands & Admiral Garden CC Tel: 63689939 / 63662218

Suitable for all age groups



Brought to you by:



Silver Ribbon
(Singapore)

