



# HOLIDAY STRESS SEMINAR

**THURSDAY, Nov. 16 12:10-12:55**

Uncontrolled stress can impact health, happiness and job performance. Stay upbeat during the holidays by joining us for a holiday stress seminar that will teach you to identify the sources of your stress and skills to help manage and reduce stress levels. During this 45 minute seminar learn how to keep your stress in check with tips and tools to use during the busy holiday season.

**NO RSVP REQUIRED.**

**LOCATION:**

Catherine Dodd Wellness Center  
1145 Market St., 1<sup>st</sup> Floor  
San Francisco, CA

**TIME:**

12:10-12:55

**QUESTIONS? CONTACT:**

SFHSS Well-Being Team  
(415) 554-0643  
wellness@sfgov.org