



<i>NOW WHAT? Stress Management during Times of Change</i>	
Objectives	Learn to cope effectively, and try several ways to manage the stress that accompanies change.
Overview (outline)	<p>Change takes its toll on our bodies and our minds. It doesn't matter if it's a good change or a bad change.</p> <p>Note: This program and "From Survival to Success" can be combined to create two related breakout sessions or one half-day seminar.</p>
Honorarium Fee	Contact MEMS
CE Information	Contact MEMS