



# STRESS MANAGEMENT

Harnett County is partnering with the Campbell University School Osteopathic

Medicine to provide a Stress Management series, which includes six free sessions.

The session will be held each Wednesday starting **August 24**, until **October 5, 2016** from 5:30-6:30pm in the Commons Area.

- **Week 1: Wed. Aug. 24**
- **Week 2: Wed. Sept. 07**
- **Week 3: Wed. Sept. 14**
- **Week 4: Wed. Sept. 21**
- **Week 5: Wed. Sept. 28**
- **Week 6: Wed. Oct. 05**

A one-time registration is required for the series: The session will be limited to **40** persons.

## Registration Required

Harnett County Health Department

910-814-6298: Leave your name and number



**Harnett**  
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NORTH CAROLINA