Stress Can Be **FUN**

3-Day Workshop

**New River Community and Technical College**
**Greenbrier Valley Campus**
Jefferson Office Park, Lewisburg

**September 9-11**
1:00-2:00 PM

**Instructor: Mitzi Marricco**
*Tai Chi Master and Motivational Speaker from Butler, PA*

This fun-filled workshop will explore why we have so much stress and how not to SHOULD on ourselves. There will be guidelines and, of course, questions and good answers. It will also cover the differences of being happy and being sad.

**Cost: $25 - Preregistration is required**

**Deadline For Registration:**
**September 2, 2009**

For more information or to register, contact New River Community and Technical College Department of Workforce Education at 304.647.6570 or 304.793.6101