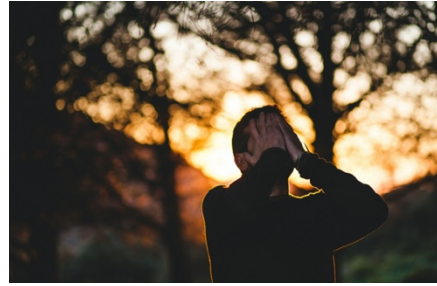


# Overwhelmed? Stressed Out? How to Make Stress Work for You!

Tuesday, January 14th, 6:30 – 8:15 p.m.

Presentation held at: 14603 E Fremont Ave., Centennial, CO



Join PIN to hear Alex Yannacone teach about the all-important topic of stress management. Stress is an unavoidable part of life, yet too much stress can be dangerous to our health. Alex will provide evidence-based prevention training that will help you:

- Recognize the role stress plays in our lives
- Learn tips and tools to manage stress and change unhealthy habits
- Find out how we can support our kids through stressful times



## About our Speaker

*Alex Yannacone has an extensive background in implementation and trainings for prevention and intervention of mental health services and education. As the Director of Education and Community Programs at the Helen and Arthur E. Johnson Depression Center, Alex provides programs and trainings addressing mental health issues across Colorado. Alex serves as co-chair of the National Network of Depression Center's (NNDC) Community Education and Awareness Programs Task Force.*

**Parents, school administrators and community members are welcome and encouraged to attend PIN's presentations. Presentations are FREE!  
No need to RSVP.**