



The Art of Managing Stress

Tuesday, April 23rd
5:15pm - 6:15pm
Clinton Wellness Center
1738 Route 31 North, Clinton
Studio 3

STRESS We all experience it at one time or another or maybe too often! This session will help you understand the impact stress has on your health and learn ways to manage life's stressors.

You will be introduced to a variety of techniques to create your own daily routine for a better balance of mind and body.

PRESENTER:

Cynthia Comparato, MA, MSW, LCSW
Behavioral Health Therapist

Cynthia has been with Hunterdon Health for over 30 years and oversees the Integrated Behavioral Health Program. She holds her Master's Degrees in Psychology and Clinical Social Work.

Call to Register with a Front Desk Coordinator
at **908-735-6884** or register using our
membership portal or app at
<http://wellnessctrs.clubautomation.com/>



Hunterdon Health

Hunterdon Health and Wellness Centers
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