



NEWS RELEASE

STRESS MANAGEMENT WORKSHOP HAS OPENINGS AT USI

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Openings still are available in the day-long "Winning Lifestyles for Supervisors and Managers" workshop being offered Saturday, March 2, by the University of Southern Indiana Office of Continuing Education.

The workshop will guide participants through a "Winning Lifestyles Appraisal," the first wellness profile that effectively balances all aspects of stress management -- body, mind, and spirit. The appraisal enables participants to focus on areas they want to improve: nutrition, fitness, values, relationships, and stress management. Specific supervisory/managerial stresses will be discussed, along with appropriate strategies.

The \$95 registration fee includes lunch and materials. Call the USI Office of Continuing Education, 812/464-1863, for information or to register.

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