



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES



STRESS MANAGEMENT PRESENTATION



MONDAY MAY 12, 2025



9:30 AM - 11:00 AM



**Centre for Immigrant and
Community Services
2330 Midland Ave,
Scarborough M1S 5G5**

Language: Cantonese and Mandarin translation

Light Refreshments provided

- Identify what causes stress in your life
- Learn many aspects of stress
- Learn how Stress Impacts Our Health and Well-being
- Outline strategies for prevention and management of stress
- Learn about stress-relieving Exercises

**To Register visit www.cicscanada.com and visit Health
and Wellness Workshops or email**

Brian.Joyce@cicscanada.com or call 416-940-3332