



Stress Management Seminar

Thursday, August 22, 2019

10:00 -11:00 a.m.

Summer can be as fun time of the year but it also can be stressful as well. Staff from Regal Medical Group will be on hand at the Senior Center to provide useful techniques for managing your stress.



SCREENINGS/SERVICES FOR THOSE 50 YEARS OF AGE AND OLDER
Norwalk Senior Center 14040 San Antonio Dr., Norwalk, CA 90650