

COMING SOON!

All Work and No Play... Is Not the Healthy Way

This **activity** will help you **reduce workplace stress** and learn effective ways to **manage stress**.

DO YOU WANT TO HAVE LESS STRESS?

Bring your lunch and join your co-workers for a show full of laughter every _____.

NOTHING TO LOSE...BUT YOUR STRESS

Mark your calendars

Show	Date	Time	Location
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Don't be left out! Join the **FUN!**

For more information about **All Work and No Play**, contact the activity coordinator

at _____

This activity is presented by your Worksite Wellness Committee

WORK
Well NC