

Santa's Secrets to Less Stress

**Facilitated by
Michelle Stolicker, LMSW**

Are you on Santa's Naughty or Nice List? Although even "the big guy" could afford to make some changes in his work and health habits, he has some pretty solid strategies for living a happy, productive, stress-free life. In this workshop we will explore what he is doing right (and how he is being a little naughty). Participants then will be able to use this information to develop their own personal "Nice List" which will include habits they are already engaging in as well as target behaviors to improve their overall health and well-being.

DATE: Wednesday, November 5, 2014
TIME: 4:30 p.m. — 6 p.m.
FEE: FREE
LOCATION: Oswego BOCES Temporary District Office
Small Conference Room, Room 156
806 W. Broadway St.
Fulton, NY 13069

If you have questions about the program, contact Michelle Stolicker at
1-800-EAP-8764 or (315) 471-1361.

To accommodate participants, please complete and return by:
October 29, 2014

Santa's Secrets, November 5, 2014

Name: _____

School Building: _____

School District: _____

Position: _____

School Phone: _____ Home Phone: _____

Email (please print clearly) _____

Return :
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