



City of Winston-Salem  
2012 Holistic Wellness Class Series

# Stress Management



**Instructor: Dr. Katherine Kelly, Psychologist,  
Holistic Wellness & Licensed Therapist**

**3-07-12 Session # 1** - *"Stress Management: Finding Balance in an Unbalanced World"*

**3-14-12 Session # 2** - *"Whole Health: Stress's Impact on Overall Well-Being"*

**3-21-12 Session # 3** - *"Relaxation Skills for Home and Work"*

**3-28-12 Session # 4** - *"Stress and Sleep; Restoring Restfulness in Everyday Life"*

**Times:** 3:00 pm to 4:00 pm (*all*)

**Location:** Public Safety Center (*all*)

**725 North Cherry Street, Winston-Salem, NC 27101**

**Pre-Register by e-mail to [jennifem@cityofws.org](mailto:jennifem@cityofws.org) or call 727-2305**

*Employees can sign up for 1 class or all 4 classes in the Stress Management series*