



## Are you feeling stressed out?

The Semper Fit Health Promotion RN and Dietitian are teaming up to offer 30 minute quick fix tips on relieving your stress!

### Topics:

- Physical stressors and their effects - what can you do?
- How can you change your mind, and change your life?
- How does stress take an emotional toll on your body?
- What foods aggravate stress and foods that can reduce stress?

Give the team a call, set up a time, and they will come to you!

**703-784-2205**

[www.quantico.usmc-mccs.org/HealthPromotion](http://www.quantico.usmc-mccs.org/HealthPromotion)

