

Department of Human Resources  
Office of Wellness



# WELLNESS



**Relaxation Techniques—Stress Strategies—Wellness Resources**

Join us for a relaxing morning to focus on taking care of yourself and your relationships. Learn practical strategies to help manage stress and improve wellness.



## *Thursday Theater*

*November 12, 2009*

*10:00 a.m.—12:00 p.m.*

*City of Fairfax Regional Library*

*10360 North Street*

*Fairfax, Virginia 22030*

Driving directions

*Register online now or call 703-204-3941*

For more information visit [www.fcps.edu/cco/prc](http://www.fcps.edu/cco/prc)



**The Parent Resource Center**  
Fairfax County Public Schools  
Communications & Community Outreach