



WELLNESS



Relaxation Techniques ♦ Stress Management Strategies Wellness Resources

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



November 10, 2011

10:00 a.m.— noon

The Parent Resource Center

2334 Gallows Road

Entrance 1, Room 105

Dunn Loring, Virginia 22030

Register online now or call 703-204-3941

For more information visit www.fcps.edu/cco/prc



The Parent Resource Center
Communications & Community Outreach