



Discover how you can **conquer** destructive **stress** and live life to the fullest!

Managing **Life's Stress**

An Exciting Life-Changing Health & Lifestyle Seminar



Coming to Cheboygan, MI • Tuesday, February 25, 7:00 p.m.

Opening Session

Tuesday, February 25, 7:00 p.m.

Thriving in Stressful Times

Second Session

Tuesday, March 3, 7:00 p.m.

Reversing the Effects of Stress

Third Session

Tuesday, March 10, 7:00 p.m.

Communicating Effectively

Fourth Session

Tuesday, March 17, 7:00 p.m.

Reducing Family Stress

Fifth Session

Tuesday, March 24, 7:00 p.m.

Living Life to the Fullest

Discover how you can conquer destructive stress and live life to the fullest!

- Live peacefully in the midst of life's storms
- Manage the negative stressors in your life
- Control harmful emotions
- Develop an exercise program to reduce stress
- Engage in positive thought patterns
- Communicate effectively
- Pray your way through stressful moments

Meet Our Speakers:
Dr. Marvin Coy,
Cody & Mandy Francis

FREE Admission
FREE Health Materials

Visit us Online at:
AttendHope.com/Cheboygan

Fellowship Hall
459 Lafayette Avenue
Cheboygan, MI 49721

