



Romoland School District presents

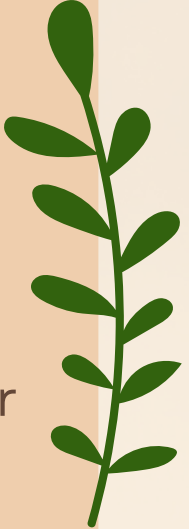
# MANAGING STRESS WORKSHOP

with **Mary Oseguera** from **Riverside University Health**

Join us for an interactive workshop to learn about:

- **Stress** and its effect
- **Coping** Strategies
- **Wellness** tips

We will offer snacks, beverages, and a raffle for attendees. Please register for one of the dates below using the link provided:



**May 3rd, 2022**

**5:00-7:00pm**

**Ethan A. Chase Library**

<http://romoland.k12oms.org/2569-217630>

**May 11th, 2022**

**2:00-4:00pm**

**Harvest Valley MPR**

<http://romoland.k12oms.org/2569-217632>



For assistance, please contact Mireya Chavez-Martinez at 951-926-9244 x1270 or at [mchavez@romoland.net](mailto:mchavez@romoland.net)





el Distrito Escolar de Romoland presenta


# TALLER DE MANEJO DEL ESTRÉS

con **Mary Oseguera** de **Riverside University Health**

Únase a nosotros para un taller interactivo para aprender sobre:

- **Estrés** y su efecto
- **Estrategias** para manejar el estrés
- **Consejos** de bienestar

Ofreceremos bocadillos, bebidas y una rifa para los asistentes. Por favor, regístrese para una de las fechas indicadas:



**3 de mayo**

**5:00-7:00pm**

**Biblioteca de Ethan A. Chase**

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**11 de mayo**

**2:00-4:00pm**

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Para obtener ayuda, comuníquese con Mireya Chavez-Martinez al 951-926-9244 x1270 o [mchavez-romoland.net](mailto:mchavez-romoland.net)

