



Free Health Workshop: Coping with Life – Strategies for Managing Stress

Presented by Sharp HealthCare

Thursday, May 2, 2019

10:30 to 11:30 a.m. (Exercise Class 10 to 10:30 a.m.)

Lopez Ridge Recreation Center

7245 Calle Cristobal

San Diego, CA 92126

Stress is an everyday reality, but how you deal with it can affect your overall health. Attend this free workshop to learn strategies for staying calm, cool and collected even in stressful situations.

To register, call 1-800-82-SHARP (1-800-827-4277) or visit sharp.com/citywellness.

Sharp HealthCare is proud to be the official Health and Wellness Partner of the City of San Diego.

District 6 Councilmember Chris Cate is a proud supporter of this workshop.