

# YHEALTH & WELLNESS™

## Anchor Your Anxiety

### Mondays with McPhee

#### Step into 2010 with Success !

Start your year with four simple and strong stress - busting strategies! Learn to deal effectively with stress. Learn to be more successful in your life and relationships. Join licensed Marriage and Family Therapist Denise McPhee for an informative, valuable workshop. Recommended for high school age and up!



This is an on-going class, meeting every second Monday of the month in the upstairs conference room of the YMCA. Each month will encompass a new topic relating to stress management.

**Begins: Monday, March 8, 2010**

**Time: 6-7PM**

**Free child watch provided by the YMCA Kids Zone**

**Cost: \$10.00 per person**

**100% of the proceeds go towards YMCA scholarships for families in need.**

**Where: Central Orange Coast YMCA, 2300 University Drive, Newport Beach, CA in the upstairs conference room**

For more information contact:  
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**(949) 645-3197**

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