

**Success over Stress** is a stress management course for adults living in the community.

**This course will explore:**

- The importance of self-awareness when it comes to managing stress
- Ways to manage chronic health conditions by maintaining control over stress
- Ways to achieve balance so it's easier to cope with life's everyday hassles
- Practicing relaxation techniques to restore a relaxed state of mind and body

This 5 week course, provided by Occupational Therapists of Alberta Health Services Community Rehabilitation, will be practical and interactive. Classes are once a week with each session lasting two hours long.

UPDATED: April 26, 2012

**For more information:**

**Occupational Therapy  
Services for Seniors  
Allied Health-Edmonton  
Zone**

**(780) 342 - 6826**

**Spring/Summer Classes 2012**

<b>Location</b>	<b>Contact for Registration</b>	<b>Session Dates &amp; Times</b>
<b>SEESA</b> 9350-82 street Edmonton	Call to register: 780 - 468 - 1985	<b>Wednesday</b> May 9 – Jun 6 1:30 - 3:30 p.m.
<b>Strathcona Place Senior Citizens Centre</b> 10831 University Avenue Edmonton	Call to register: 780 – 342-6826	<b>Wednesday</b> May 23 – June 20, 2012 1:00 - 3:30 p.m.
<b>Edmonton Senior's Centre</b> 3Y, 11111 Jasper Avenue Edmonton	Call to register 780.342-8625	<b>Thursday</b> May 31 – June 28, 2012 9:30 – 11:30 a.m.
<b>West Edmonton Seniors Activity Centre</b> 9629-176 Street Edmonton	Call to register: 780. 483.1209	<b>Tuesday</b> September 11- October 9, 2012 1:00 - 3:30 pm