Carroll County Public Library
1100 Green Valley Road
New Windsor, MD 21776

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Carroll County Public Library to Host Stress Management Program

Westminster, MD – Westminster Branch Library will be hosting Elaine Malcolm, M.A., who will discuss ways to minimize the negative impact of stress and how to cope with it. Adults are invited to attend this stress management workshop on Thursday, March 2nd at 7 pm in the large meeting room. No registration is required.

This workshop is appropriate for those who feel they constantly rush while trying to keep up with home, school, work, and social obligations. This exhausting lifestyle can cause stress levels to rise and create anxiety, irritability, muscle tension, sleeplessness, depression, or other serious health problems. Malcolm will address how to create and nurture resilience to an overworked stress response.

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For more information, contact Jennifer Boatman at 410.386.4500 x3141.