



Are You Stressed?

A free educational talk on overcoming stress



- Overview of how stress affects your life
- How can stress affect your health?
- Learn and practice different ways to lower your stress
- Discussion on what you can do to lower your stress

Presenter: Sandra Alvarado, NP
Instructor in Nursing
Columbia University Medical Center

Date: Monday, April 3, 2017

Time: 5:30PM – 7:00PM

Location: Columbia Community Partnership for Health
390 Fort Washington Avenue, Ground Floor
New York, NY 10033

- ➔ A free event open to all
- ➔ The talk will be in English and Spanish
- ➔ Refreshments will be served



To RSVP call:
(646) 697-2274