


Stress Counts

Wednesday, November 15, 12:00 Noon



Join our group 

Unemployment is one of the most difficult experiences to go through. It is very stressful! How to cope and manage stress is vital to being productive during a job search. Learn about dealing with stress from a professional athlete who understands what it takes to deal with and overcome stress.

Presented by John Bremner,
Motivational Speaker

December 20, 2017, "What's In Your Future?"
presented by Janet Rand, Plainfield Public
Library Job Club Facilitator

Register to attend program:
Online at www.plainfieldpubliclibrary.org,
call 815-327-2515 or at the Adult Reference Desk

Plainfield Public Library District
15025 S. Illinois Street, Plainfield, IL 60544

