

## NOVEMBER 14 12:00 - 1:30 PM

Topic: Manage the Stress of Your Job
Transition. Learn simple and practical relaxation
and mindfulness practices that can help you
better navigate the stress of a job loss.
Presented by Jacqui Neurauter.

15025 S. Illinois St., Plainfield IL 60544 www.plainfieldpubliclibrary.org 815-327-2515

