

Fighting Fatigue: Solving (Your) Energy Crisis

**Facilitated by
Michelle Stolicker, LMSW**

Feel like you are fighting a never-ending battle of To Do's, Want-To-Do's and Have-To-Do's without the proper battle training or support? No time for yourself? Not sleeping well? Tired midday (who is kidding who, ALL DAY)? Physically exhausted? Emotionally exhausted? If this sounds like you (or you are afraid if you don't change some things in your life, it will be you) then join us to learn some tried and true battle strategies. This workshop will focus on:

- Foods to fuel your body and rev up your engine
- Increasing activity levels
- Sleep strategies to rest & repair your body
- Mental challenges to keep you sharp

DATE: Wednesday, October 15, 2014
TIME: 4:30 p.m. — 6 p.m.
FEE: FREE
**LOCATION: Canastota Central School District
Canastota High School, Fourm Room
101 Roberts St., Canastota, NY 13032**

If you have questions about the program, contact Michelle Stolicker at
1-800-EAP-8764 or (315) 471-1361.

To accommodate participants, please complete and return by:

October 8, 2014

Fighting Fatigue, October 15, 2014

Name: _____

School Building: _____

School District: _____

Position: _____

School Phone: _____ Home Phone: _____

Email (please print clearly) _____

Return :
EMPLOYEE ASSISTANCE PROGRAM
c/o OCM BOCES - IEH
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906 SPENCER STREET
PREVENTION NETWORK
SYRACUSE, NEW YORK 13204