

Managing Stress Through HUMOR

In this workshop you will:

- Discover how humor can add years to your life and life to your years.
- Develop your own personal “Humor Profile”.
- Learn strategies to expand your sense of humor and creativity.

Remember, you don’t have to be a stand-up comedian to get more humor in your life!

DATE: Wednesday, April 1, 2015
TIME: 4:30 p.m. — 6 p.m.
FEE: FREE
LOCATION: Oswego BOCES Temporary District Office
Large Conference Room
806 W. Broadway St.
Fulton, NY 13069

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: **March 25, 2015**

Managing Stress Through Humor – Wednesday, April 1, 2015

Name: _____
School Building: _____
School District: _____
Position: _____
School Phone: _____ Home Phone: _____
Email (please print clearly) _____

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