

MHN

Managed Health Network

Need Tips for Surviving Stress!

Register for these MHN sessions with your training coordinator

***Coping with the Stress of
Economic Uncertainty***

County Administration
700 H Street, 6th floor
August 18, 2009
10:00 – 12:00

NEW

***Surviving a Layoff /
Managing Personal &
Employee Stress***

8475 Jackson Rd., Rm. 114
August 26, 2009
9:00 – 11:00

NEW

***Coping with the
Stress of Change***

MSA Human Resources
9700 Goethe Rd. Suite B
September 22, 2009
9:00 – 11:00



Managing Personal & Employee Stress

Voter Registration, 7000 65th Street
November 17, 2009
9:00 – 11:00

NEW

Holiday Stress Hardy

North Corporation Yard, 5026 Don Julio Blvd.
December 9, 2009
9:00 – 11:00