

ARE YOU STRESSED?

Learn how to handle it in a healthy way!

Lay Academy presents:

How to Make Stress Work for You

An 18-week lecture course by Dr. Kimberlee Bethany Bonura
featuring panel presentations by Charleston community leaders

FREE and open to the public!
Sundays from 4:00-5:30 p.m.
October 7, 2018-April 14, 2019



First Presbyterian Church
16 Leon Sullivan Way
Charleston, WV 25301

*For more information, contact
Dr. Bob Newman at 304-345-0225 or the
church office at 304-343-8961.*



Stress is how we respond when something happens to someone or something that we care about; it's a sign that we are engaged with life. For this reason, we don't want to eliminate stress, but instead to leverage it to make it work for us. Come learn how to balance every form of stress in your life!