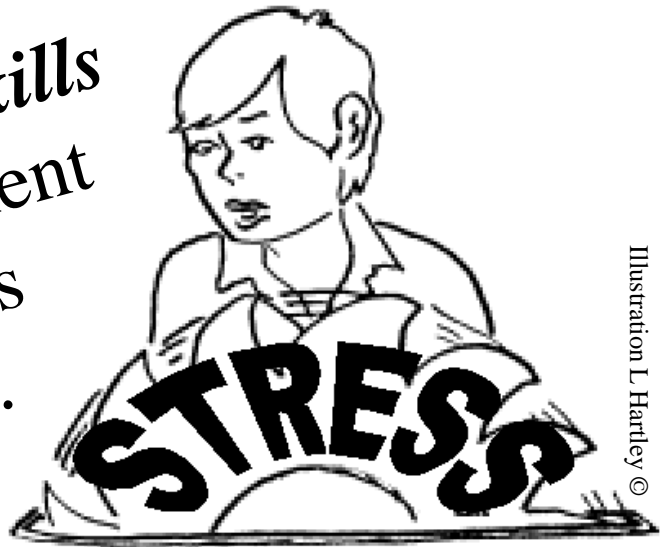


Public seminar/workshop

# Stress, Dystress and Distress

*A programme of  
practical coping skills  
for the management  
of the stresses  
in your life.*



Presented by Lionel Hartley

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