



**Date:** June 1, 2012

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**Number:** 100

~ **For Immediate Release** ~

## **Lakeland Offers Free Stress Management Class**

**(ST. JOSEPH)** – Lakeland HealthCare will present “Stop Stressing Your Heart” in Niles and St. Joseph in June.

- Tuesday, June 19, 6:30 to 7:30 p.m., Center for Outpatient Services, 3900 Hollywood Road, St. Joseph
- Thursday, June 21, 6:00 to 7:00 p.m., Lakeland Community Hospital, Niles, 31 N. St. Joseph Avenue, Niles

At this free, interactive class, participants will learn about the signs and symptoms of stress as well as stress management techniques.

For more information or to register, call (269) 556-2808 or (866) 260-7544.

Visit [www.lakelandhealth.org](http://www.lakelandhealth.org) or find Lakeland HealthCare on Facebook or Twitter for more classes and events.

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