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***Tips on how to avoid a Stress Wreck***

***AOP Luncheon***

***Please join us***

***February 19, 2013***

***12:00 pm to 1:00 pm Marketplace West Conference Room***

Do you spend too much time being stressed? Would you like a better work/life balance?

Join us on February 19, 2013 for a presentation that will help you recognize and manage your stress and put you on a path of a more positive life style.

 *Presented by Laurie LeRiche*

\*\*AOP – Association of Office Professionals –Founded on the OSU Campus in 1961