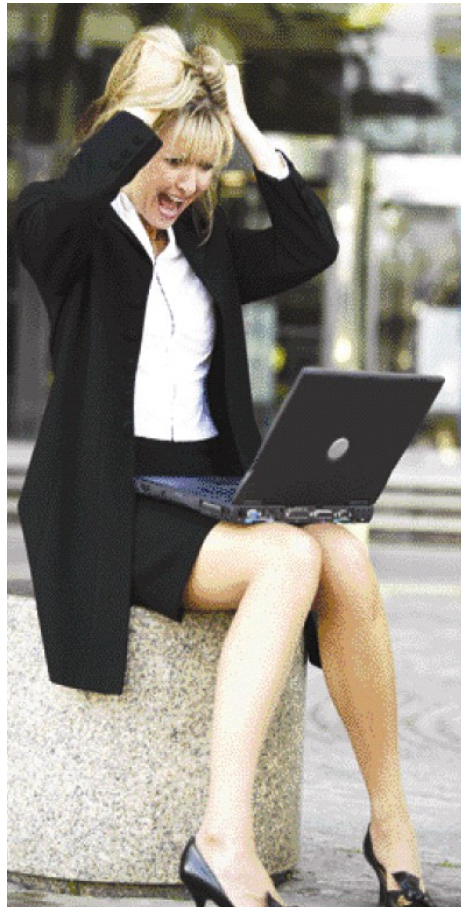


Adults,
Learn 5
Simple
Techniques
to Reduce
Stress and
Anxiety
During
these



Free evaluation
and
Beginner's

You, your spouse and your neighbors and friends have all experienced stress and anxiety because of the fear of job or home loss and the general economic downturn.

Now, you can fight back with our Adult Stress-Reduction Program. It combines high-energy physical activity with the development of character and leadership skills to improve confidence, self-esteem and focus, and empower you to face any challenge.

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