

United Methodist Village  
presents

# SmartMoves Healthy Learning Lectures

## Stress Management *presented by Travis Harper*

Did you know stress can be positive or negative in nature, but most people believe it is the constant daily stressors that wear them down? Having a lot of negative stress in your life can lead to health problems, such as: weight gain, increases in blood pressure and an increased risk of heart disease, more vulnerability to colds or the flu, and increased chances for Alzheimer's disease. Dealing with stress does not have to be difficult, time consuming, or expensive. If you would like to learn more about Stress Management, please come to our lecture on Tuesday, December 19<sup>th</sup> at 10am in the chapel.

**Date:** Tuesday, December 19<sup>th</sup>  
**Time:** 10am  
**Location:** Chapel

**For more information, contact  
Travis Harper, Wellness Coordinator at  
314-223-9575**



Program managed by: