

CUPE LOCAL 1978 UPCOMING UNION EDUCATION

Stress in the Workplace

This course is taking place on:

**October 23, 2009
9:00 am to 4:00 pm**

When you complain about stress on the job, does your employer tell you to take a deep breath, relax, and get some exercise...after work? This workshop looks at what causes stress at work and how it impacts your health. Find out how to create a healthier work environment and lasting solutions.

REGISTRATION DEADLINE – October 8, 2009

If you are interested in taking this workshop or need more information, please contact our office at office@cupe1978.com or **250-472-1978**.