

SAVE THE DATE! February 10, 2012

Empowering the Community



***You are an important person!!
Self- Esteem, Self- Care and Your Well-Being***



**Feel stressed? Overwhelmed?
Come meet with other young men
and women to discuss healthy
practices for dealing with stress
and every day responsibilities**



**This get-together will be held
from 4:30 p.m. - 5:30p.m.
with a light dinner to follow.**

**Located at the
INMAN Center
53 Guy Park Avenue
Amsterdam, NY 12010**



RSVP Early!!

**Registrations must be received no later
than February 7, 2012**

**To register please contact: Lynda Peckowitz at
Tel: 518-442-4904 Fax: 518-442-4563
Email: cemhd@albany.edu**

**For additional information please contact:
Nilda Giraldi at 518-842-1205 or ngiraldi@aol.com**

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