

**FREE TRAINING**

# **Keeping Stress from Becoming Anxiety**

**By: Cindy Lovelette**

Cindy is a wife of 30 years, mother of three adults and grandmother of three, who battled stress/anxiety/depression for over 40 years. One day she decided to take control of the anxiety and not continue to let the anxiety take control of her. Through this process Cindy has learned to live a calmer more simple life and enjoy the moment. She now looks at things that were once obstacles as opportunities. Cindy holds classes in high schools weekly and speaks at churches, staff meetings and colleges.

**Date:** Tuesday March 21, 2017 **Time:** 6:00pm-7:00pm

**Location:** Great River Regional Library- Bremer Community Room #104  
1300 West St. Germain ST.  
St. Cloud, MN 56301

Often unreal expectations cause a lot of stress and anxiety. Anxiety is a normal part of life. Our kids and let's face it - all of us are feeling more anxious about many things. Here is a chance to get some tips on how to manage stress and create calmer homes for our families.

Please join us for this training! This training is intended for those living with mental health issues, providers, family members, and community members.

RSVP to [CAMHI@co.benton.mn.us](mailto:CAMHI@co.benton.mn.us) is appreciated as seating is limited.

Please note that **NO certificates** of attendance will be provided for this presentation.

Training is presented by:



**Adult Mental Health Initiative**  
*Benton, Sherburne, Stearns, Wright Counties*

Please visit us at [www.mnmentalhealth.org](http://www.mnmentalhealth.org) to sign up for future trainings and announcements.