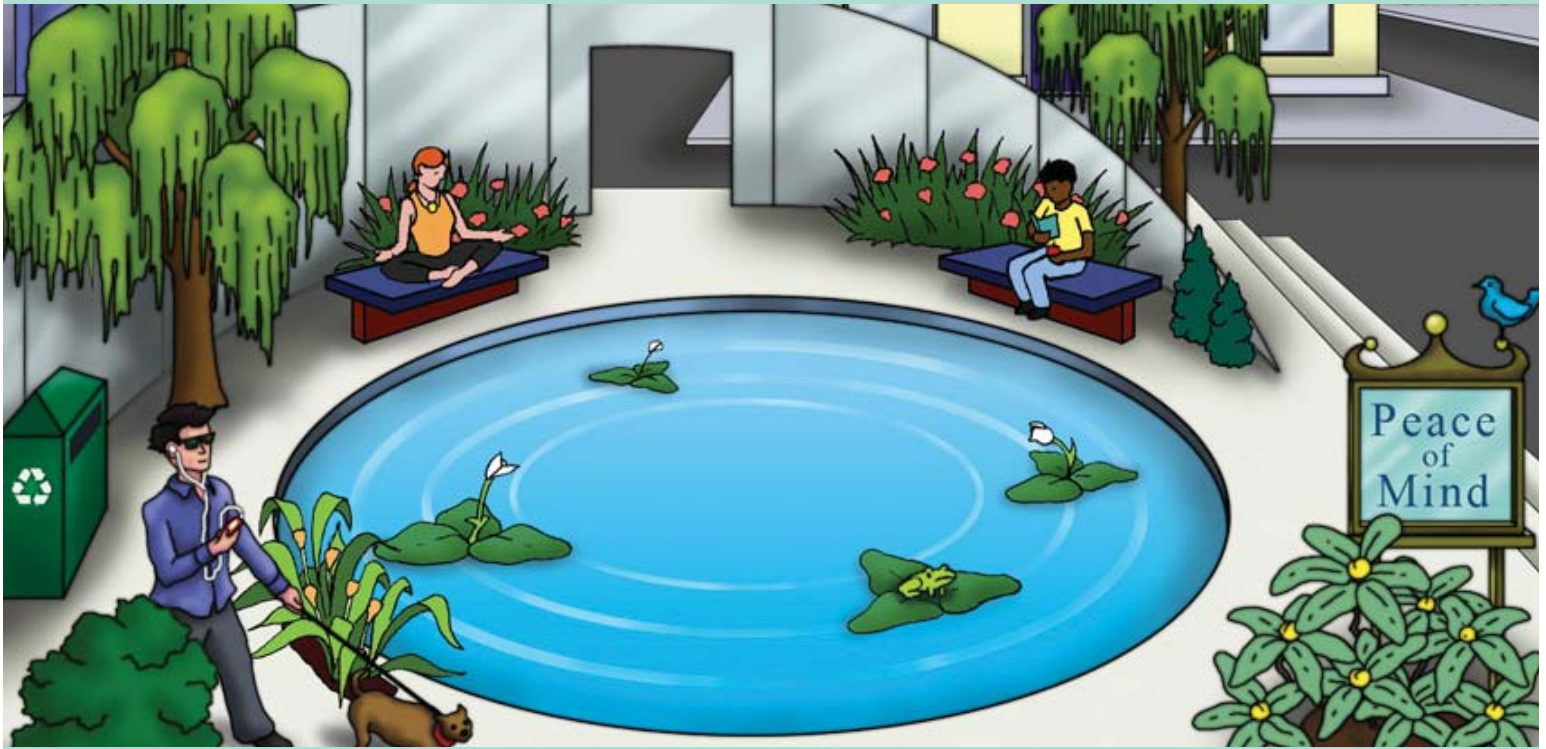


Come Visit

The Careville Wellness Center!



Between work and family demands, it's easy to forget that you need time to recharge. The Careville Self-Care Pond has the following resources to help you navigate the many steps involved in taking care of yourself, from choosing a doctor to getting a good night's sleep to managing life's challenges:

- Laughing is Good for You and Your Child
- Stress Busters to the Rescue
- Stress Tip Sheet
- Stress: 15 Ways to Relax
- Stressed to the Max: Recognizing Your Stress Threshold
- The Three "A"s for Managing Stress
- Stress and Your Teen
- Springtime "Stress Busters"
- Enjoying Stress-Free Summer Activities

To get to the Careville Self-Care Pond:

- Visit www.ACFCcares.com
- Click on the link to Careville
- Click on the Pond or on the tab along the top labeled "Self-Care."



877-ACFC-HELPS | 877-223-2435
www.ACFCcares.com