



# Living with Stress, Chronic Pain & Headache Workshop *for Adolescents*

Participants will:

Learn about the relationship between Pain & Stress

Learn about the Stress and Relaxation Responses

Learn coping skills and strategies to reduce Pain & Stress

Identify and strengthen existing coping skills

75 Kings Highway Cutoff, Fairfield

Call for more information today!  
Insurance Co-Pays Apply

**Registration is Required — Call Andrea, 203.333.1133, ext. 152**

[www.ANSCHealthandWellness.com](http://www.ANSCHealthandWellness.com)

