



STANISLAUS COUNTY LIBRARY

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PRESS RELEASE

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FOR IMMEDIATE RELEASE:

For more information, contact:
Susan Lilly, 558-4813

Stress management presentation at the Modesto Library

Richard Williams, Licensed Marriage and Family Therapist, will give an informative presentation on stress management, Wednesday, Dec. 7, at 6 p.m. He will explain what stress is and how it affects people emotionally and psychologically. He will offer practical advice for dealing with stress by helping participants rediscover tools they already have, as well as developing new stress management skills.

This program will be held in the downstairs auditorium of the Modesto Library, located at 1500 I Street. The presentation is free, but space is limited, so those interested should call the Modesto Library Reference Department at 558-7814 to reserve a seat. Free parking is available in the parking lot behind the library and on the street.

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