



BCCAR University Presents:

Managing **STRESS**

A Professional Development opportunity offered exclusively by the Burlington Camden County Association of REALTORS®.

Date:

Fri., Feb. 15, 2008
9:30am - 11:00am

Location:

Association Headquarters
Cherry Hill, NJ

Investment:

FREE

\$25 non-member

Registration Deadline is
Feb. 14, 2008.

RSVP to:

Burlington Camden County
Association of REALTORS®
306 Kings Hwy South
Cherry Hill, NJ 08034
856/428-1013
FAX: 856/428-1393
www.bccar.us

Instructor:

Joseph Welusz
Liberty Mutual

Feeling like there are too many pressures and demands on you? Losing sleep worrying about your business and the market? You're not alone. Everyone experiences stress at times - adults, teens, and even kids. But there are things you can do to minimize stress and manage the stress that's unavoidable. Come and enjoy an interesting and entertaining seminar on managing stress.

Learn about:

- * Types of stress
- * Factors that lead to stress
- * Stress test
- * Techniques to alleviate stress

Managing *STRESS*(021508)

Name: _____ e-mail: _____

Company: _____ tel #: (): _____

Company Address: _____

Payment Information:

Check Enclosed

Amount: \$ _____

MasterCard/VISA #: _____ Exp. Date: _____

Signature: _____

Please check here if you have a disability which will require special services at the course. Attach a written description of your needs.

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