
Title: **Program on stress coming**

Author:

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Oberlin, KS Circulation: 1950



Program on stress coming

Decatur Health Systems will present a program, "Resilience: A Prescription for Managing Stress," from 3 to 4 p.m. on Wednesday, Nov. 5, by interactive televideo at the Golden Age Center in Oberlin.

The free program will focus on 10 factors of resilience that can help people manage stress. Cathy Pendleton, a licensed clinical social worker, will share research-based skills that can decrease stress and

add to the peace and fullness of everyday life, even in the midst of illness.

This program is made available through the Decatur County Hospital's membership in the Midwest Cancer Alliance, an outreach arm of the University of Kansas Cancer Center.

For details, call Joanne Wendelin at the hospital at (785) 475-2208.