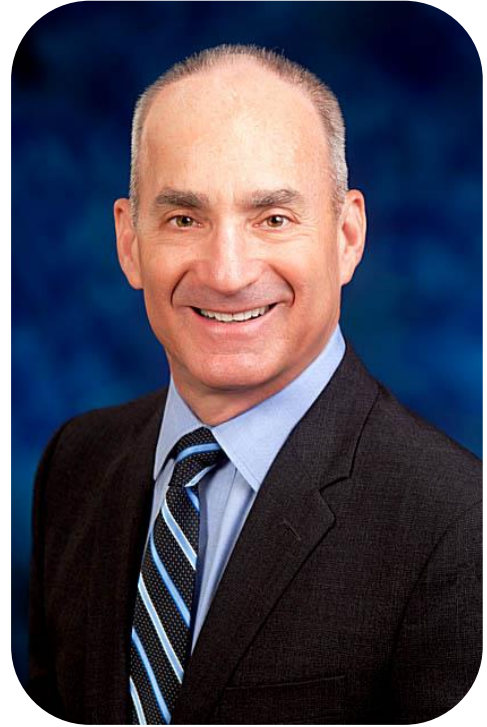


South Plainfield Public Library Presents: **Stress Management for Successful Living**



Most people run a daily gauntlet of stresses that can cause serious adverse effects on their health and lifestyle. At this presentation you will learn:

- What are the three most harmful “foods” commonly found in the American diet
- What is the most profound interference to your ability to heal from pain, resist disease and perform at your best
- What is the “magic shield” mindset to protect you from stress

Join Dr. Ken Freedman and attend this powerful, free workshop to discover what you can do to safeguard yourself and function better in today’s highly stressful world.

Thursday March 7 at 7pm

REGISTRATION REQUIRED

**TO REGISTER, PLEASE CALL THE SOUTH PLAINFIELD LIBRARY AT
908-754-7885**