

# Fighting Stress



**Saturday, March 21st at 11 am**

Learn about what stress is, how it effects the body and mind, and what can help

Community Helpers :

**Mental Health Advocates**

Please RSVP

Julia Boyer Reinstein Library | Register online at [Buffalolib.org](http://Buffalolib.org) or  
1030 Losson Rd. | By Phone 716-668-4991