

**COMING SOON!**

# All Work and No Play... Is Not the Healthy Way

This **activity** will help you **reduce workplace stress** and learn effective ways to **manage stress**.

**DO YOU WANT TO HAVE LESS STRESS?**

Bring your lunch and join your co-workers for a show full of laughter every \_\_\_\_\_.

**NOTHING TO LOSE...BUT YOUR STRESS**

**Mark your calendars**

Show	Date	Time	Location
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

## Don't be left out! Join the **FUN!**

For more information about **All Work and No Play**, contact the activity coordinator

at \_\_\_\_\_

This activity is presented by your Worksite Wellness Committee

North Carolina  
**HEALTH**  
*Smart*