

GETTING BACK TO THE BASICS STRESS MANAGEMENT HEALTH WORKSHOP

WHEN

**Saturday, April 25th
11AM-4pm**

WHERE

**Upstate
Fatherhood
Coalition**

300 Union St., Ste. E Spartanburg, SC 29306

**FATHERHOOD
COALITION**

**REGISTRATION
FREE**

**Please register at
Spartanburg
Fatherhood Coalition
office by 4/23**

**LUNCH WILL
BE PROVIDED
FROM 1-2 PM**

**PROGRAMING
PROVIDED BY
VCOM
CAROLINAS**

**Stress management
workshop with
special speakers
addressing choices
and getting back on
your feet**

**FREE HEALTH
ASSESSMENTS**

**Blood pressure
screenings**

Eye exams

Glucose monitoring