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UNIVERSITY OF MISSOURI EXTENSION

Contact:

Dr. Nina Chen, Human Development Specialist

University of Missouri Extension

Telephone: 816-252-5051

Fax: 816-252-5575

chenn@missouri.edu

**Achieving balance in your life**

(BLUE SPRINGS, MO, Aug. 24, 2009) University of Missouri Extension will offer the workshop, *Balancing Responsibilities*, from noon to 1 pm on Sept. 24, 2009, at the Truman Medical Center Hospital Hill, 2301 Holmes, Kansas City, Mo.

Many Americans experience difficulty in balancing work, family and community responsibilities. This workshop will examine the causes and consequences of an unbalanced lifestyle and present practical strategies for families to achieve greater stability.

For more information, contact MU Extension at (816) 252-5051. To register for the workshop, which costs \$7, call the Truman Medical Center at (816) 234-9256.

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