Taking Care of YOU: body • mind • spirit

A Program for Dealing with Life’s Stress

Good intentions to take care of yourself can be pushed out of reach by demands on your time and attention. You may overextend yourself trying to meet the needs of others, handle daily responsibilities or live up to expectations. These demands can lead to feeling stressed or burned out.

Taking Care of YOU is a 4-week program that offers practical strategies to help you deal with stress in your life. Managing life’s challenges in healthy ways allows you to take better care of yourself and your health. Through small group discussion, self-reflection and other activities, you will find ways to:

- Respond versus react to stress
- Discover opportunities in life’s challenges
- Find more joy in everyday experiences
- Simplify your life
- Live more in the moment

Program Participant Quotes:
✧ “Gave me a new understanding of my stress.”
✧ “Helping me stay calmer in stressful situations.”
✧ “Learned important skills and knowledge that I can use the rest of my life.”

Dates: February 22, 29, March 7, 14 (Mondays)
Time: 6-8 p.m.
Location: Cole County MU Extension Center, 2436 Tanner Bridge Rd, Jefferson City
Program Fee: $30

Registration Deadline is February 15. Class size is limited. Register early!

For questions or more information, contact the MU Extension program instructor:
Lynda Zimmerman, Nutrition & Health Education Specialist @ (573) 634-2824 or zimmermanl@missouri.edu

An equal opportunity/ADA institution

Taking Care of YOU Program Registration
Include $30 payment with this completed registration form and return before the Feb 15 registration deadline to:
Cole County MU Extension Center, 2436 Tanner Bridge Rd, Jefferson City, MO 65101

Name: ____________________________________________ Phone (day): ____________________________
Address: ___________________________________________________ E-mail: ____________________________

Make check payable to: Cole County Extension Council

☐ Check this box if you would like to speak with someone about special accommodations because of a disability