

*Free Stress Management Seminar at a  
Workforce Career Center Near You!*  
Center Schedule: North Side Workforce Center

**FREE  
OFFER**

## Learn tips and techniques for managing stress.

Learn tips and techniques for managing stress. Our Stress Management Seminar is especially appropriate for individuals who are searching for employment, but can be helpful for anyone experiencing too much stress. The Seminars are free and provided at the following Workforce Solutions Career Centers.

**North Side  
Workforce Center**  
2315 North Main, Suite 110  
Fort Worth TX 76164  
(817) 817-626-5262

**Sessions dates: Second Tuesday of each month  
Sessions times: starting at 2:30 PM & ending at 4:00 PM**

**No appointment necessary**

For more information, please call and ask about Stress Management Seminars:

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### **Signs and Symptoms of Too Much Stress**

You may be experiencing high levels of stress if you:

- Feel like running away or quitting
- Have trouble sleeping
- Feel depressed, sad, tearful, hopeless
- Have worries or feelings that are difficult for you to talk about
- Are managing your stress by eating, sleeping, drinking, smoking too much
- Feel as if your problems will never end or are too big to overcome
- Are having increased aches and pains with no real medical cause
- Have a lot of muscle tension in your face, neck, shoulders and/or back
- Feel fatigued, exhausted and have low energy
- Have gained/lost significant weight recently