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LOCATION:

THE SOUL CAFÉ
300 5th Ave SW, Olympia, WA
98501

TIME:

TUESDAY 11/11/25, 5:30 PM

PLEASE CHECK OUT MY WEBSITE @
RESLIENTPATHWAYS.US

FOR QUESTIONS AND MORE INFORMATION PLEASE
CALL ME: 564-250-6602

STRESS MANAGEMENT- CLASS

The class, which will be instructed by Stefanie Wright, a certified resiliency coach, will offer a short overview and discussions about stress and provide participants with a tool that can help to reduce stress and prepare for stressful situations at work and in life. This donation-based event (please bring cash) is open to adults 18+. Please RSVP at:

resilientpathways
@yahoo.com