

## Fluor and HEHF present seminar on managing stress

Poor stress management can affect our families, friendships and professional abilities. People who do not handle stress well can develop physical and emotional problems. Fluor Hanford Safety and Hanford Environmental Health Foundation's Behavioral Health Services will present a seminar to teach you a number of ways you can take control of your stress so it does not affect you adversely.

You may fulfill your safety-meeting requirement by attending the seminar "Stress," which will be presented at various locations on the Hanford Site:

|                  |         |           |                    |
|------------------|---------|-----------|--------------------|
| 100K             | July 7  | 9-10 a.m. | MO-293             |
| 400 Area         | July 17 | 9-10 a.m. | 4706, Room 302     |
| 200 West Area    | July 21 | 2-3 p.m.  | MO-278             |
| Stevens Center   | July 24 | 2-3 p.m.  | 2420, Room 153     |
| Federal Building | July 28 | 2-3 p.m.  | Room 142           |
| 200 East Area    | Aug. 4  | 2-3 p.m.  | 2101-M, Bijou Room |

For more information, call Carol Powe of Fluor Hanford at 376-8886 or MaRene Luckey of HEHF at 376-4418. ■