

# COPING WITH WORK & FAMILY STRESS CONFERENCE

Join us in developing personalized stress management plans to maintain healthy lifestyles and learn holistic tools to prevent burnout and fatigue.

Thursday, June 28, 2018

8am - 5pm

Yakama Nation Heritage  
Winterlodge



**GUEST SPEAKERS:**  
*Acosia Red Elk & Levi Horn*



**SPONSORED BY:**  
YAKAMA NATION  
BEHAVIORAL HEALTH  
SERVICES AND  
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DIABETES PROGRAM

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