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~ For Immediate Release ~

Lakeland Offers Free Stress Management Class

(NILES) – Lakeland Health will present a class on stress management on Wednesday, April 15, from 10:00 to 11:00 a.m. at the Niles District Library, located at 620 E. Main Street. At this free, interactive class, participants will learn about the signs and symptoms of stress as well as stress management techniques.

According to the National Institute of Mental Health, people under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold, and vaccines, such as the flu shot are less effective for them. Over time, continued strain on the body from routine stress may lead to serious health problems, such as heart disease, high blood pressure, diabetes, depression, anxiety disorders, and other illnesses.

Preregistration is required for this class; call (269) 556-2808 or (866) 260-7544. Visit www.lakelandhealth.org or find Lakeland Health on Facebook or Twitter for more classes and events.

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