



**Come join EHW and start earning
your Wellness Rewards credits**



Thursday, July 21, 2016

“Learning to Relax”

**This training will address methods
of stress reduction as well as several
types of relaxation strategies**

****EAP Training****

**Public Works Training Rooms
(5512 Thomas St)**

4 to 5 pm

To register please call 956-727-6470

Or email Monica Sifuentes at msifuentes@ci.laredo.tx.us