



STRESS...LESS/NO WORRIES

**OVERWHELMED?
CAN'T GET AHEAD?
CAN'T KEEP UP WITH SCHOOL WORK?
HAVING ORGANIZING CHALLENGES?
FEEL LIKE YOU'RE ON OVERLOAD?**

HAS YOUR GET UP AND GO GOT UP AND WENT?

**WHS COUNSELING DEPT. INVITES YOU TO AN
INFORMATION STRATEGIES SESSION**

WENDI SHACKELFORD - GUEST FACILITATOR

**NOVEMBER 9TH
(WEDNESDAY)**

**6:30 - 8:00 P.M.
WHS LIBRARY**

ALL WELCOME...

**SIGN-UP by emailing christianson_april@asdk12.org
or see MRS. CHRISTIANSON • MRS. WILSON • YOUR COUNSELOR**

SEATING LIMITED

