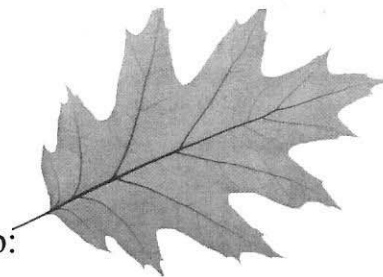


**2017**

The Oak Clinic for Multiple Sclerosis  
continues to offer the following free educational group:



## **Stress & Mood Management**

This ongoing group offers education and support to anyone living with MS who would like to learn how to manage stress and mood disturbances.

Techniques that are discussed include:

**Wellness**  
**Resilience**  
**Relaxation**  
**Stress Management**  
**Changing Thinking Patterns**

Class will be held at the Summa/Green classroom  
on the following Fridays from 2-3:30pm:

<b>Jan 6</b>	<b>July 7</b>
<b>Jan 20</b>	<b>July 21</b>
<b>Feb 3</b>	<b>Aug 4</b>
<b>Feb 17</b>	<b>Aug 18</b>
<b>March 3</b>	<b>Sep 1</b>
<b>March 17</b>	<b>Sep 15</b>
<b>April 7</b>	<b>Oct 6</b>
<b>April 21</b>	<b>Oct 20</b>
<b>May 12</b>	<b>Nov 3</b>
<b>May 26</b>	<b>Nov 10</b>
<b>June 9</b>	<b>Dec 1</b>
<b>June 30</b>	<b>Dec 15</b>

The group is facilitated by Stacy Simera, MSSA, LISW-S, SAP.  
Stacy is a therapist at Kent Psychological Associates, LLC.

