

STRESS MANAGEMENT SESSIONS



This weekly stress reduction and lifestyle improvement program will help you manage everyday stress through practical relaxation techniques and innovative stress management strategies. From coping skills, such as visualization, progressive muscle relaxation and humor therapy, you will acquire effective tools that will equip you to effectively deal with emotional stress, chemical stress and physical stress. Dr. Prinkey has a degree in Biology and Psychology from Duquesne University in addition to his Chiropractic degree. Dr. Prinkey also has 14 years of experience in health and lifestyle coaching.



For more information on Dr. Prinkey please visit his website at

www.pghchiroassociates.com

or check out his blog at

<http://www.pghchiroassociates.com/blog>

for featured articles and lifestyle tips.

MARCH-DECEMBER, 2015

- **Strip District**

10 29/12 & AVRR Street

Pgh, PA 15201

First Vehicle Conference Room

Starts: 03/17/2015 @ Noon

- **Public Safety Training Academy**

1395 Washington Blvd

Pgh, PA 15206

Modular Classroom

Starts: 03/24/2015 @ 4:00 p.m.

- **City-County Building**

414 Grant Street

Pgh, PA 15219

Room 445

Starts: 03/31/2015 @ Noon

- **Police Headquarters**

1203 Western Ave

Pgh, PA 15212

Rocco Conference Room

Starts: 04/17/2015 @ 2:30 p.m.

RESERVE YOUR SPOT TODAY!

For more information please visit pittsburghpa.gov/personnel/cityfit or contact Charisse Smith at 412.255.2950 or email city.fit@pittsburghpa.gov