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News Release

May 12, 2009

For immediate release

Stress Management Seminar Offered at SCC

This seminar will define stress, talk about the body's response to stress, give signs and symptoms of stress and present methods of managing stress. Class participation will be strongly encouraged.

This free seminar presented by Valerie Sutton will be offered Wednesday, May 20 from 9 a.m. to 1 p.m. in T-122 on the campus of Southeastern Community College.

To pre-register, contact Jeanell Sweat at 642-7141, ext. 397 or at jsweat@sccnc.edu.

For more information about SCC's Small Business Center, contact Brenda Orders at 642-7141, ext. 419 or at borders@sccnc.edu.

Visit SCC on the Internet at www.sccnc.edu.