

The Seven Laws of Stress Management

June 30th



BECT SERVICES
"Providing Support For Change"
www.bect-services.com

Stress impacts most people throughout their life. Learning to effectively manage stress is an integral part of leading a healthy lifestyle.

Objectives:

- Understand the concept of stress
- Understanding the concept of balance and well being
- Learn the seven laws of stress
- Learn the power of personal reflection
- Learn the concepts behind laws 1-7
- Learn how to develop and implement an effective stress management plan

Cost: 75.00

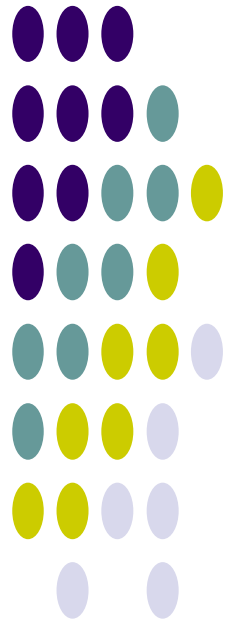
Sign in/Snacks: 8:30 am- 9:00 am

Training: 9:00 am-12:00 pm / 1:00 pm-4:00 pm

LUNCH ON YOUR OWN

Contact Hours: 6.00

Presenter: Jermel Dortch, CAMS



TRAINING LOCATION

Irondale Public Library
105 20th Street South,
Irondale, Alabama 35210

Download the registration form
from www.bect-services.com
and mail in. .



REGISTRATION FORM

Mail form and check to:
BECT Services LLC
P.O. Box 680162, Prattville, AL 36067

Checks Payable to:
BECT Services LLC



Full Name: D/O/B: CEU's : ()yes ()no
Address: Phone:
City/State/ZIP: EMAIL:
Agency: Amount Paid:
Method of Payment: () Cash () Money Order () Check

Up to the maximum allowed service fee will be assessed on all checks returned by the bank for any reason.
Re-payment of the returned check must be made by cash, cashier's check, or money order only.

Waiver of Liability

I, the undersigned, understand and acknowledge that participating in a recreation activity can be hazardous and I realize that no one should enter into a recreation activity unless the participant is medically able. I/We assume all risks associated with this activity including, but not limited to: falls, contact with other participants or equipment, effect of weather, equipment failure, and condition of playing area. I fully understand that it is my responsibility to ascertain if this specific activity contains other elements of risk that could prove to be harmful to a participant. Having read this waiver and in consideration of acceptance of entry into the program. I and anyone entitled to act on my behalf waive and release the City of Prattville, the Parks and Recreation Department, it's co-sponsors, their representatives' and successors from all claims and liabilities of any kind arising out of my participation in this workshop/activity.

Signature: Today's
Of participant (age 18 and over)/ Of Parent or Guardian (if under age 18)

Refund and Cancellation policy:

Refunds will not be provided to registrants unless the training is cancelled by the agency. In the event a registrant cannot attend a training already paid for a substitute participant may be designated in place of a registrant who cannot attend or the registrant may apply the funds to a future training. BECT Services LLC reserves the right to cancel, postpone, to limit registration; or to change instructors.

Alabama Social Workers: BECT Services is an approved Continuing Education Provider by the Alabama Board of Social Worker Examiners Provider # 0492:

Professional Counselors: Behavior Education Consultation and Training Services, LLC, has been approved by the NBCC as an Approved Continuing Education Provider, ACEP No. 6712. Programs that do not qualify for NBCC are clearly identified. Behavior Education Consultation and Training is solely responsible for all aspects of the programs.

Other professionals: This course meets the continuing education clock hours as required by many national, state, and local licensing boards and professional organizations. Save your outline, certificate and contact your regulating board or organization for specific or individualized requirements and approvals.

ADA needs: We would be happy to accommodate your ADA needs: please call at least 3 weeks prior to the seminar date.

Providing Support for Change
Putting People And Agencies On The Path To Success