

SCAC AND THE SC ASSOCIATION OF MANAGERS, ADMINISTRATORS, AND SUPERVISORS,  
IN COOPERATION WITH SCETV'S PUBLIC SERVICES NETWORK, PRESENT:

## ***MANAGING STRESS ON YOUR WAY TO A HEALTHIER LIFESTYLE***



Did you know that chronic stress can lead to backaches, insomnia, and even coronary heart disease? Diane Burke is Prevention Partners Manager for the State Health Plan, and during our first live teleconference of 2003 she will present practical ways to help you manage stress and improve your overall health. Specific topics to be covered include:

- ◆ Mental and physical signs of stress
- ◆ Developing a personal action plan
- ◆ How to become stress-resistant
- ◆ Nutrition tips to reduce stress
- ◆ Developing a sense of humor
- ◆ Coping with change
- ◆ Relaxation techniques

*When:* **Wednesday, March 5, 2003; 9:00-11:00 a.m.**

*Who:* **This FREE teleconference is open to ALL county officials and employees including department heads, supervisors, and line employees**

*Where:* **Any site listed on the back**

*Speaker:* **Diane Burke, Prevention Partners Manager for the State Health Plan**

### *To Participate in the Teleconference, You Should:*

- ✓ **Identify a “Coordinator”** to be the official contact for the county. He/she will arrange all of the logistics prior to the teleconference and be on site the day of the event.
- ✓ **Contact the nearest satellite viewing site** and arrange equipment, seating, phone access, VCR (to tape for later broadcast), etc.
- ✓ **Encourage employee participation.** One way to accomplish this is by announcing the program via an interoffice memo to all department heads from the County Administrator.
- ✓ **Complete the attached form** to report the number of employees who will participate from your county and fax it to Timmy Anne Ferguson, (803) 252-0379.
- ✓ **Arrive at the satellite viewing site by 8:30 a.m.** and confirm that all equipment is working properly and that the phone line is operating.
- ✓ **Identify a “Facilitator”** and encourage participants to call in with questions and/or comments.