



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COMBAT YOUR STRESS

## STRESS AND YOUR BODY WELLNESS WORKS LECTURE

Did You Know? Your nervous system housed within your spine controls all the functions of your body from muscle to organ, including your body's physical response to stress. Only about 3% of your nerves are for pain, the other 97% are for function. Learn about the effects of stress on the body by Dr. Jennifer Franz, professional Chiropractor, and how you can reduce and reverse these effects through simple lifestyle changes.

**Friday, March 4**  
**1:00-1:45 PM**  
**BERKELEY HEIGHTS YMCA**  
**Berkeley Room**  
**Free Event**

**Contact: Valeria Tenreiro**  
valeria.tenreiro@thesay.org  
(908) 273-3330 ext. 1137

All guests must complete the Y's online  
waiver prior to the event.

[www.thesay.org/guest-waiver](http://www.thesay.org/guest-waiver)

SUMMIT AREA YMCA



[www.theSAY.org](http://www.theSAY.org)

The Summit Area YMCA is one of area's leading 501(c)(3) organizations. Through the generosity of our members, donors, and partners, we are able to offer financial assistance for our programs and services to those with demonstrated need.