June 1, 2009

“Less Stress in Stressful Times” Seminar Offered by New River

[LEWISBURG, WV] Economic conditions and family life are major causes of stress for many right now. Learn the keys to keeping a balance between mind, body and spirit during an upcoming seminar sponsored by New River Community and Technical College. “Less Stress in Stressful Times,” will be presented on Tuesday, June 23, from 7-8 p.m. at New River’s location in the Jefferson Office Park in downtown Lewisburg, WV.

Motivational speaker Sandra Fenstermacher, CPCE will present this session to assist individuals in developing strategies to cope with the stress of life. Participants will be taught skills to change their responses to stress and help decrease the negative effect on them physically, emotionally and spiritually.

Topics will include definition of stress, negative and positive stress responses, stress busters and ways to make changes to help reduce stress. Students will have an opportunity to fill out their own workbook for future reference on goals and purposes in their own personal life.

Fenstermacher was born and raised in Cincinnati, Ohio, where she graduated from Deaconess Hospital School of Nursing. She has worked for more than 38 years as a registered obstetrics nurse. After moving to Lewisburg in 1989, she pioneered a new teaching program for expectant parents at Greenbrier Valley Medical Center. She specialized in childbirth education and became a Certified Professional Childbirth Educator. Recently, she has worked as a nursing instructor for Greenbrier School of Practical Nursing.
In 2000 Fenstermacher founded Celebrate Life Lectures and became a presenter of stress management and wellness seminars. As a childbirth educator she has helped many families with the stress of labor and now puts her talents to use helping others with the stress of life.

Cost for this seminar is $30 and preregistration is required. Deadline for registration is June 16. For more information or to register, contact New River at (304) 645-6570 or (304) 793-6101.

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