



Awareness & Education Course Catalog

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Stress Management (SM) Courses

*Many offerings are available through the JSC Employee Assistance Program (EAP).
EAP classes are also provided via the JSC Wellness Program.*

SM107
[June 2011](#)

TBA

*EAP is developing new stress management class for the 2011 year.
Please stay tuned. Details will be available by late April.*

SM108
[July 2011](#)

TBA

*EAP is developing new stress management class for the 2011 year.
Please stay tuned. Details will be available by late April.*

SM109
[Aug 2011](#)

TBA

*EAP is developing new stress management class for the 2011 year.
Please stay tuned. Details will be available by late April.*