

# S.O.S

## STRESS OVERLOAD SYNDROME

With Dr. JoAnn Giesenhaus

DO YOU KNOW WHICH SYMPTOMS ARE  
TELLING YOU THAT YOU'RE STRESSED?

- 3 OUT OF 4 DOCTOR'S VISITS ARE FOR STRESS RELATED AILMENTS
- 77% OF PEOPLE REGULARLY EXPERIENCE PHYSICAL SYMPTOMS CAUSED BY STRESS
- 73% OF PEOPLE REGULARLY EXPERIENCE PSYCHOLOGICAL SYMPTOMS CAUSED BY STRESS

FIND OUT MORE ABOUT THE  
EFFECT THAT STRESS HAS ON  
YOUR BODY!

WHEN: Thursday, April 25, 2024

WHERE: Cedar Grove Public Library

TIME: 6:30 PM

*Healthy snacks & refreshments will be served.*

CALL 973-837-6677 TO REGISTER  
BEFORE APRIL 22, 2024

### The Effects of Stress

