

EACH YEAR THOUSANDS OF PEOPLE WILL HAVE A HEART ATTACK, MANY OF THE VICTIMS WILL NOT SURVIVE. THOUSANDS MORE WILL BE DIAGNOSED AS HAVING HYPERTENSION - HIGH BLOOD PRESSURE. EXPERTS HAVE FOUND THAT HIGH BLOOD PRESSURE IS A MAJOR CAUSE OF HEART ATTACKS. THE SAME EXPERTS AGREE ON BASICALLY FOUR STEPS WE CAN TAKE TO REDUCE OUR RISK OF BECOMING A VICTIM.

- 1) MAINTAIN A PROPER DIET
- 2) EXERCISE DAILY
- 3) VISIT YOUR DOCTOR ANNUALLY
- 4) AND CONTROL STRESS

THE FIRST THREE STEPS ARE EASILY HANDLED BY THE MAJORITY OF US. IT IS STEP 4 THAT IS MOST DIFFICULT FOR THE AVERAGE PERSON TO DEAL WITH, PARTICULARLY STRESS RELATED TO OUR WORK PLACE.

JOB STRESS WHAT IS IT ? HOW CAN WE DEAL WITH IT ?

THE OFFICE SAFETY COMMITTEE

INVITES YOU TO HEAR TWO LOCAL PSYCHOLOGISTS

DR. ALBERT SMITH

&
DR. VICTOR HIRSCH

DISCUSS WAYS OF DEALING WITH STRESS

 **date : MONDAY, NOV. 19, 1984**

time : 1:30 pm

 **place : R II CONF. ROOM**

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