

First Lady Leslie E. Johnson Cordially Invites You to Attend



Jack B. Johnson
County Executive



Leslie E. Johnson
First Lady
Prince George's County

COPING IN EXTRAORDINARY TIMES CONFERENCE

Sponsored By: Prince George's Women United To Help Others
Another Livable Communities Initiative

Dr. Ernest Everett Just Middle School
1300 Campus Way North
Mitchellville, MD 20721

Saturday, June 13, 2009
Registration: 7:30 a.m.
8:00 a.m. to 1:00 p.m.

To RSVP, please contact Mr. Jason Bush at (301) 883-4707,
or send an email to jbush@co.pg.md.us

The purpose of the conference is to give women and men mechanisms for coping with the special issues confronting them during this unusual and challenging time in our county and nation.

Featuring Speakers and Workshop Presentations for:

1. **Managing Your Finances** – Developing and Managing a Budget
2. **Improving Your Physical Health** – High Blood Pressure, Diabetes, Cholesterol, Obesity, Exercise, and Nutrition
3. **Emotional and Mental Health** – Stress and Depression are Real, How to Cope in Difficult Times
4. **Parenting Issues** - Strengthen your Parenting Skills, Family Communication, and Support Groups/Resources for Families
5. **Preparing To Work** – Earning an Income
6. **Recreation and Having Personal and Family Fun** – Finding Time and Opportunities to Have Fun in Prince George's County

Resource Vendors from the Prince George's County Departments of Health, Family Services and Social Services will be on-site the day of the event to assist with questions and provide resource materials.