



The English-Speaking Union
Andrew Romay New Immigrant Center

INFORMATIONAL WORKSHOP

Practical information for everyday life
Guest speakers present various topics of interest for immigrants



New York Committee for Occupational Safety and Health (NYCOSH)
presents a free and open workshop

**Dealing with Workplace Stress
and Maintaining Well-being
Tuesday, July 21, 12 – 2 pm**

Learn:

- how to recognize causes, symptoms and consequences of stress at work
- how to manage stress
- about your workplace rights and resources available for workers.

**This informational workshop will be on the first floor, in the Garden Lounge
144 East 39th Street, New York, NY 10016**

Please email to confirm your participation:
dkalish@esuus.org or toren@esuus.org

THE ENGLISH-SPEAKING UNION OF THE UNITED STATES

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