

ANGER Management:

The Clay County Hospital Medical Clinic is happy to announce continuing service to the area.

We will be conducting an ANGER MANAGEMENT Psycho-Educational Class four times a year with one make up week. The Class will be four consecutive 2-Hour sessions, 8 Hours, Monday-Thursday, 5:00-7:00 PM. Successful Participants will be issued a Certificate of Completion.

Cost: is \$135.00, a \$25.00 non-refundable fee is required to guarantee a seat.

Classes will be offered on the following dates:

February	20-23, 2017	5:00-7:00 PM
April	24-27, 2017	5:00-7:00 PM
June	19-22, 2017	5:00-7:00 PM
August	21-24, 2017	5:00-7:00 PM

October 23-26, 2017 5:00-7:00 PM
End of the year make up class.

Contact Information:

Clay County Hospital Medical Clinic
Address: 929 Stacy Burk Drive
Flora, IL 62839
(618) 662-2131.



Anger can be a destructive emotion if not dealt with correctly. Studies show that people who had a lot of hidden rage experience frequent headaches, high blood pressure, difficulty sleeping, and poor digestion. In fact, research published in the Journal of the American College of Cardiology showed that there's a strong link between hostility and heart disease.



**CLAY COUNTY
HOSPITAL**
Your #1 Choice in Healthcare
claycountyhospital.org