

**FOR IMMEDIATE RELEASE**

Contact: Maxine Days 336.883.3646

## **LIBRARY HOSTS PANEL DISCUSSION ON STRESS MANAGEMENT**

**HIGH POINT, N.C. (December 5, 2017)** – The High Point Public Library along with Dr. Dallas Scales will present a panel discussion on stress management on Saturday, December 16 at noon in the Morgan Community Room. “Destressing for a Balanced You” will feature discussion facilitators from DS Ministries, Inc.; Dr. Tomika Williams, Clinical Assistant Professor at East Carolina University; Gene Blackmon, Director, Instructor and Financial Literacy Spokesperson with Prestige Barber College; and Daryl Poteat, Pastor and Personal Trainer with KDM Ministry, Inc. Symptoms, signs and causes of stress will be discussed.

Light refreshments will be provided. This event is free and open to the public. For more information, please contact Research Associate Maxine Days at 336.883.3671 or [maxine.days@highpointnc.gov](mailto:maxine.days@highpointnc.gov).

*The High Point Public Library is a department of the City of High Point and is located at 901 North Main Street. High Point Public Library is committed to nurturing the joy of reading, sharing the power of knowledge, strengthening the sense of community and enhancing economic and cultural vitality.*

*The City of High Point aims to serve as the catalyst for bringing together the community's human, economic and civic resources for the purpose of creating the single most livable, safe and prosperous community in America. For more information on the City, visit [www.highpointnc.gov](http://www.highpointnc.gov).*

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