

Medical Impacts of Stress

Presented by Brad Pontz, MD



February 4, 2018

\$10 lunch: available at 12:30pm

Lunch and workshop located in Multipurpose
Room

Pre- registration is required:
online at

fairfaxpresbyterian.org/registration

Or

Paper Registration: FPC Narthex after
8:45 & 11:15 services

For additional information: call
703-766-5657

Stress can have many physical effects on us including impact on sleep, mood, immune system function and blood pressure.

Dr. Bradford Pontz, a practicing internal medicine physician and FPC member will elaborate on the relationship between stress and our bodies and ways to remain healthy.