

# International Longshore and Warehouse Union Health Benefits

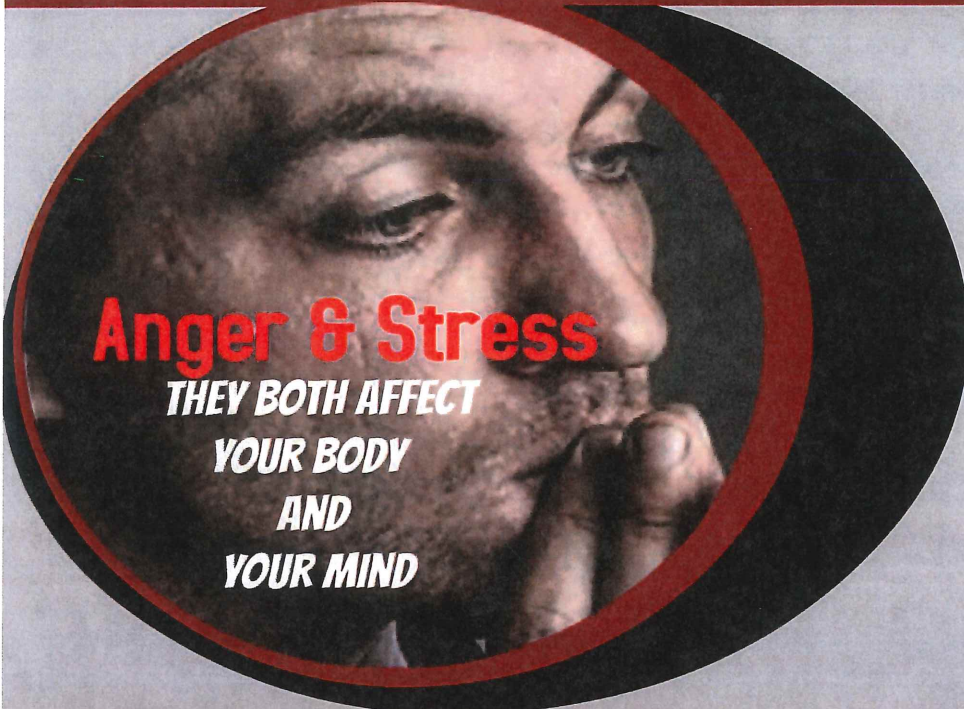


ILWU Local 13 • 630 S. Centre Street • San Pedro, CA 90731 • (310) 830-6116  
HB Bulletin #108-18

July 13, 2018



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**Anger & Stress**  
THEY BOTH AFFECT  
YOUR BODY  
AND  
YOUR MIND

**I.L.W.U. MEMORIAL HALL**  
231 W. C Street  
Wilmington, CA 90744  
August 2, 2018  
11:00 a.m. - 2:00 p.m.



## ILWU/HEALTH BENEFITS/ADRP MENTAL HEALTH WORKSHOP

**Dr. Kristen Schmidt: Stress**  
Balancing life issues, caregiver, troubled teens, marriage/divorce, money. Protect your health.

**Alyce LaViolette, MS LMFT: Anger**  
Styles of Anger , Time-Out tools that work, Preventative thinking - Aikido, Power of choice



This is for  
**YOU & YOUR FAMILY**

**Health and Wellness Resources:**  
Providence Little Company of Mary  
Kaiser Permanente  
Your ILWU Local 13 Crisis Team

**Spread the Word**  
**Light Refreshments Served**

In Solidarity,

Jerry Avila  
Health Benefits Officer  
ILWU Local 13