

STRESS RELIEF 101 WORKSHOP



Only for those with STRESS!!! LET'S LEARN

Four Steps to beat anything, even Panic Attacks!

Gain Control: SELF - MASTERY

Meditation & Stress Relief Techniques!!!



Gift for each person who comes!!!

When: Saturday Oct 17th

Time: 9am - 12pm

Where: Celestial Care (I17&27th Av)
2730 W Agua Fria Fwy Suite 207 PHX, AZ

Cost: \$29.00/person

RSVP: 623-363-6212

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Stress Relief - Simple and Fun

1. Blow bubbles
2. Turn on music and dance
3. Pick up a joke book and read it
4. Finger paint or Mud Paint
5. Watch your favorite comedy
6. Look in a mirror and make faces
7. Wear a rubberband
8. Chew gum
9. Inflate a balloon
10. Get frisky!

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Provides skilled nursing and non-medical home care for your loved one. Rod Wacker and his staff are dedicated to excellence.

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RSVP: VILMA BLUM 623-363-6212