



TIPS & STRATEGIES FOR
**LESS
STRESS**

WEDNESDAY
APRIL 1ST
11:30AM-1:00PM

 **LUNCH SERVED**
12:00-1:00PM

April is Stress Awareness month and you are invited to join us for a special presentation on the effects of stress and strain on the body and brain. During her talk, Mary Smith, MSN, RN will share important stress-relieving tips and strategies.

11:30AM
Bingo Game starts

11:50AM
Presentation begins

12:00PM
Lunch Served

12:30PM
Wrapping things up...

1:00PM
End of Presentation



LASSEN
INDIAN HEALTH CENTER

For questions please contact Victoria Tanner at
(530) 251-5115 or vtanner@lihc.org.