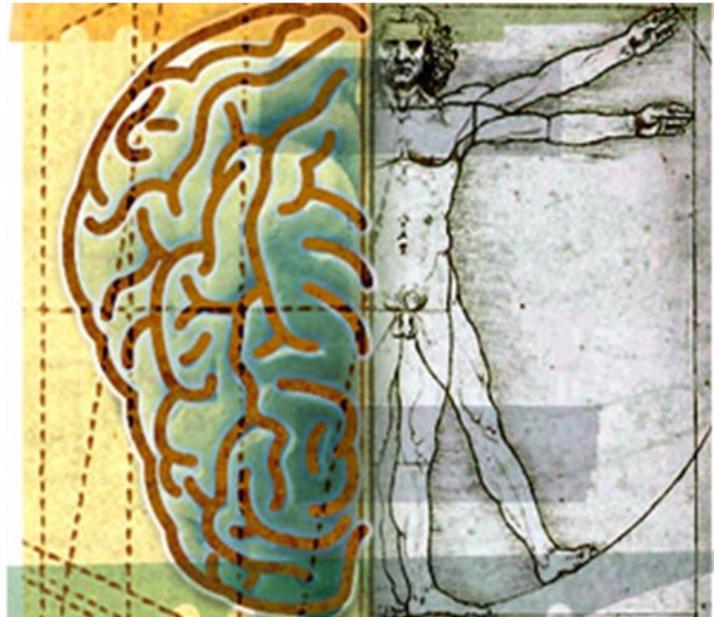


AN ACTIVE ADULTS PRESENTATION

Mind/Body Medicine

Date: November 15
Time: 12:00-1:00pm
Place: BOS
Conference Room
Melody Lane
Building G, Bisbee



- Learn to help mobilize the healing power of your mind
- Discuss how to reduce stress and promote physical and emotional well-being
- Examine how to use your mind to create healthy changes in your body
- Improve how to deal with change, transitions, feeling stuck and confused, stress and illness
- Presenter: Anne Rich, MSN

Contact Ana Maria Flannigan for
more info
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