

REDEFINING HEALTH CARE



Are High Stress Levels Affecting Your Life?



**The Wellness Institute presents a new
8-week stress management program:**

“Achieving Mental Wellness Everyday.”

Mondays from 6:30-7:30 pm

August 20 thru October 15, 2012

TriPoint Medical Center Physician Pavilion

Lubrizon Conference Room 3

7580 Auburn Road, Concord Township

Our program will identify:

- The negative affects stress has on the mind and body
- How to incorporate various stress reduction techniques
- Mindfulness, Meditation, Yoga
- Basics of a Low Stress Diet
- Time Management Skills

Presented by:

Vaia Lappas-Gilchrist, M.Ed., DTR, CPT

Wellness Coach/Exercise Physiologist

**For more information and to register,
call the Best of Health Line at 440-953-6000**

find us:



lakehealth.org