

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 7–8 pm  
January 9 thru February 27, 2012  
at West Medical Center  
Conference Room B  
36000 Euclid Avenue, Willoughby**

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