

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](http://lakehealth.org)