

THE ECONOMY ■ DIVORCE ■ LOSS
LONELINESS ■ FEAR ■ NEW BABY
RETIREMENT ■ TEENAGERS ■ PAIN
CONFLICT ■ AGING PARENTS ■ JOB
RELATIONSHIPS ■ BILLS ■ ILLNESS

Coping...

A Life Stress Workshop

Dealing with life's uncertainties can cause anyone stress. Join us for the latest Wellness 66 workshop — an educational and experiential program that focuses on coping with the stressors of life.

Attendees at this **free community event** will:

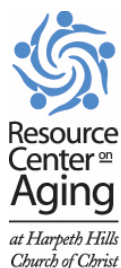
- ◆ Learn how stress affects our bodies, minds and spirits
- ◆ Choose from several breakout sessions designed to provide a personalized experience in many creative forms of therapy (yoga, art, music and other therapeutic techniques)

WHEN: Tuesday, May 19, 2009 from 8:45 a.m. to 3:30 p.m.

WHERE: Harpeth Hills Church of Christ
1949 Old Hickory Blvd.
Brentwood, TN 37027

HOW: For info or to register, call TriStar MedLine at **615-342-1919** or **800-242-5662**. Seating is limited. Reservations required.

Five contact hours/CEUs are available. Sponsored by: Parthenon Pavilion at Centennial, The Center for Healthy Living at Centennial Medical Center and The Resource Center on Aging at Harpeth Hills.



EVENT SPEAKERS



Ruth McGinnis
Author, Recording Artist



Brian Poynter
Licensed Professional Counselor



Catherine Stallworth
Physician, Author