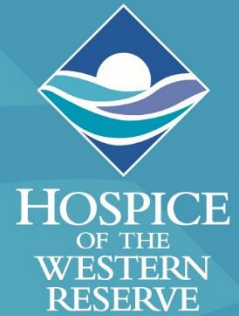


Self-Care and Stress Reduction at Your Fingertips



Monday, July 30

6:00–8:00 p.m.

Ashtabula

Conference Room

Wednesday, August 22

1:00 – 3:00 p.m.

Medina County

Community Room

Friday, September 28

1:00 – 3:00 p.m.

West Campus

Did you know that taking care of yourself is easier than you think? It doesn't take a lot of time or effort.

Come and learn some simple but powerful ways to reduce stress, relax and energize your whole being. Help yourself refuel and rejuvenate, bringing yourself into harmony of body, mind and spirit. After a brief introduction, we will practice a hands-on combination hand reflexology and **Jin Shin Jyutsu®** .

No prior experience is necessary. Open to volunteer and paid staff. Bring a friend for \$5/per person.

Class sizes are limited; RSVP is required

To register, contact the **Volunteer Team** at **216.383.5280**

or **volunteerrsvp@hospice.org**