



The Resilient Amazing You: Keeping Stress in Check

Presented by: Lea Anne Varble, LCSW

Wednesday, May 22 | 11 a.m. – Noon

United Methodist Village
5201 Asbury Ave., Godfrey

A healthy lifestyle can help prevent the onset of stress, as well as chronic conditions. Learn about the mind-body connection and how to promote a Relaxation Response with self care strategies.

Please join us to celebrate May as Mental Health Awareness Month!



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