

# Need a Relaxing Break?



Join us for an interactive WISEWOMAN program about stress reduction and heart health. You'll learn practical tips to help decrease your daily stress, including massage and guided imagery.

**Where: Delta County Health Dept.**  
**When: March 2nd from 12-1 (EST)**  
(a light lunch will be provided)

All participants will receive a \$10 gift certificate to Holiday Gas. Register before February 20th and you'll be entered to win a prize! Call (906) 789-8101 to reserve your spot today!



# Need a Relaxing Break?



Join us for an interactive WISEWOMAN program about stress reduction and heart health. You'll learn practical tips to help decrease your daily stress, including massage and guided imagery.

**Where: Delta County Health Dept.**  
**When: March 2nd from 12-1 (EST)**  
(a light lunch will be provided)

All participants will receive a \$10 gift certificate to Holiday Gas. Register before February 20th and you'll be entered to win a prize! Call (906) 789-8101 to reserve your spot today!



# Need a Relaxing Break?



Join us for an interactive WISEWOMAN program about stress reduction and heart health. You'll learn practical tips to help decrease your daily stress, including massage and guided imagery.

**Where: Delta County Health Dept.**  
**When: March 2nd from 12-1 (EST)**  
(a light lunch will be provided)

All participants will receive a \$10 gift certificate to Holiday Gas. Register before February 20th and you'll be entered to win a prize! Call (906) 789-8101 to reserve your spot today!



# Need a Relaxing Break?



Join us for an interactive WISEWOMAN program about stress reduction and heart health. You'll learn practical tips to help decrease your daily stress, including massage and guided imagery.

**Where: Delta County Health Dept.**  
**When: March 2nd from 12-1 (EST)**  
(a light lunch will be provided)

All participants will receive a \$10 gift certificate to Holiday Gas. Register before February 20th and you'll be entered to win a prize! Call (906) 789-8101 to reserve your spot today!



WISEWOMAN/BCCCP  
Public Health, Delta & Menominee  
Counties  
2920 College Avenue  
Escanaba, MI 49829

WISEWOMAN/BCCCP  
Public Health, Delta & Menominee  
Counties  
2920 College Avenue  
Escanaba, MI 49829



WISEWOMAN/BCCCP  
Public Health, Delta & Menominee  
Counties  
2920 College Avenue  
Escanaba, MI 49829

WISEWOMAN/BCCCP  
Public Health, Delta & Menominee  
Counties  
2920 College Avenue  
Escanaba, MI 49829

