

Arthritis Support Group

Date: Tuesday, June 10, 2008

Time: 12:30-1:30 PM

Location: Franco Conference Center.
Franco Conference center is located just through Provena St. Mary's main hospital entrance and to the right of the information desk.



Speaking in June will be
Gary Paruszkiewicz, C.S.M.E.

Gary is a certified stress management educator and founder of Stress Management Workshops. He will be speaking about the benefits of relaxation for chronic conditions and will demonstrate a guided relaxation technique.

Cost is FREE!!!

The Support Group is sponsored by the Arthritis Foundation—Kankakee County Branch.