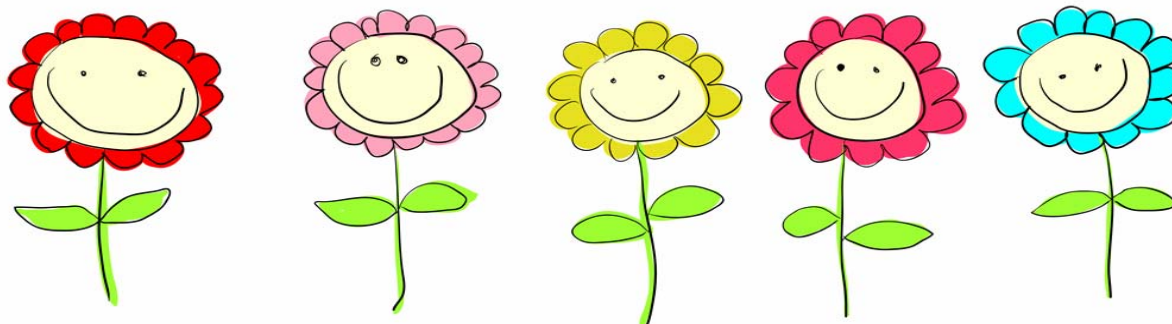


A Stress Free Day!



Stress Management & Relaxation Techniques

Join us for a lighthearted day of summer fun and learn some new stress management techniques all at one time! You will practice these techniques among friends, and you will go home ready to put them into your wellness toolbox. Come breathe, stretch, play, and sing your way into a new found state of peace and relaxation.

WEDNESDAY June 25, 2008
10:00 am - 3:00 pm
Cayce United Methodist Church (small meeting room)
1600 12th Street Cayce, SC 29033

Here's the best part this workshop...it's **FREE** for those who pre-register!

This is a SC SHARE and SCDMH Peer Support Specialists joint effort.
CEU hours have been applied for. Pre-registration is required.
For more information, contact Naomi Brown (803)739-5712 or (800) 832-8032.



Please mail payment and form to: SC SHARE 427 Meeting St. West Columbia, SC 29169
Please call to RSVP as soon as possible. (Our fax number: 803-739-8226)

Name (please print)

Age

Race

Street

City

State

Zip

Area Code and Telephone Number

E-mail address

Personal check # _____

Money Order

Cash

(Relax)