

Relaxing Through the Holidays.

Guest Speaker Karen Pischke

Tuesday, November 15 at 2pm

John Bertram House



Make this Holiday Season a time of Happiness and Joy!
Decrease stress and boost your immune system!

Karen Pischke BSN, RN, Certified Hypnotherapist and Reiki Master Teacher will be at the John Bertram House on Salem Common to introduce residents and families to simple techniques for relaxation and stress reduction. These techniques can be easily incorporated into daily life at 'no or low cost.' The potential benefits of relaxation are many. Those attending this lecture will most likely leave *feeling better* than when they arrived!

RSVP soon to guarantee a seat!

**Please RSVP by November 7th to Liz
at 978-774-5640 x226 or email
johnbertramhouse.avc@sunriseseniorliving.com**

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