



FOR IMMEDIATE RELEASE

Stress-Less Workshop For Women Only

Village of Richton Park

RICHTON PARK, IL. March 16, 2016 – Stress is definitely a think that can take its toll on any individual. Life tends to throw things and worries at you that you may not be ready for, so it is important to be able to handle or cope with your immediate world positively and productively. This is why for the past few years, Community Relations Director Vera Brooks has been partnering with Ingalls Health and other sponsors to bring women the annual “Stress-Less Workshop.”

This year’s event will be Friday, April 29th from 6:30pm to 8:30pm. As with the previous events, this will be at the Richton Park Community Center (4445 Sauk Trail), and for women only, ages 16 and up. Accredited facilitator and speaker Felicia Houston, MA-LCPC from Ingalls Behavior Healthcare will return as well. Houston cares about the betterment of women’s metal and state of mind, for “As women, we are SO busy taking care of everybody else, we neglect ourselves. It’s time to change!”

This year’s Stress-Less Workshop will include:

- What is stress, what causes stress, and the negative effects of stress
- Learn a range of techniques to relax the mind, body, & soul
- How one’s thinking (i.e. irrational beliefs) can cause stress
- Learn how one’s thinking (i.e. irrational beliefs) can cause procrastination
- Strategies for effectively de-stressing during difficult times at work
- Strategies for effectively de-stressing during difficult times at home
- Learn how to change the way you feel
- Get a 10 minute massage by a licensed Massage Therapist for only \$5
- Women’s Heart Health program will provide free Heart screenings
- Hear from a Holistic Practitioner the benefits of relaxation techniques
- You will receive lots of great information & giveaways!!
- **Ladies come dressed for a 30 minute workout session!!!!!! Added Bonus**

Please send your RSVP to ybrooks@richtonpark.org. For more information, contact Richton Park Community Relations at 708.753.8800.

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