



The 3<sup>rd</sup> Monday of Every Month – Join us to enjoy your neighbors and learn something new! It’s some FREE FUN, so come on up! Sign up at the clubhouse so that we know how many to expect.

**Monday, October 17 6 – 7pm**  
**HHR ~ Stress Relief Seminar with Phylis Sparks**



It doesn’t matter how long or short your “to-do” list may be, you can fall victim to feeling overly busy, bored out of your mind, drained by grief, preoccupied with worry, agitated or anxious, or some other version of stress. Stress can be a mental and emotional trap that leads into many health issues and robs one’s life of enthusiasm, joy and inner peace.

Join our speaker as she reviews statistics and facts about stress, leads a discussion about its causes, and guides you through beneficial exercises that can help you find greater calm, profound peace, emotional release, and relief from occasional or chronic stress.

**Phylis Sparks** is a professional writer, speaker, workshop facilitator and author of SOUL-ESTEEM: The Power of Spiritual Confidence. Her new book, FORGIVENESS ... It is NOT What You Think It Is! is due for release in a few months.

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**Sign Up at the Clubhouse  
 Bulletin Board**