

Eat. Learn. Leave Inspired.



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.

Phylis Clay Sparks presents

Introduction to Stress Relief

Thursday, August 24, 2017

6:30 – 8:00 pm

Phylis is not only an HHR resident, she is also a nationally renowned professional speaker, teacher and author. Her most recent book is, "Forgiveness... It is NOT what you think it is!" Join her at the clubhouse to learn about the causes and effects of stress on our bodies and some ways to help manage the inevitable stress in our lives. This will be a great first step to understanding and handling stress.

Coming in September, Phylis will offer a 2 day class to further explore mental and emotional freedom and help us deepen our understanding and ability to manage stress. More info to come soon about the upcoming class!

FREE - Register on the bulletin board at the clubhouse.