Day of Relaxation

Sunday, May 1, 2011

9:30 a.m. – 1:30 p.m.

St. Francis Hospital

Gengras Auditorium

Hartford, Connecticut

The Women's Veteran Network is delighted to offer a program designed to give you some well-deserved comfort and relaxation to help you reduce some of the stress in your life. Please join us for a buffet breakfast, time to visit with fellow military colleagues, and an opportunity to learn a variety of stress reducing techniques that can assist in your every day lives. You will experience Yoga, Massage, Guided Imagery, Acupuncture and Breath Work and discuss issues impacting our lives today and options available to overcome some of the anxiety that many of us share.

Program Fee: $10.00
Payable to the Department of Veteran Affairs
287 West Street
Rocky Hill, CT 06067
Attn: Tammy Marzik – Office of the Commissioner

Please note, space is limited. RSVP to:
Francis Burba – 860-616-3684 or Tammy Marzik – 860-616-3603
by Friday, April 22, 2011
(Parking will be validated if you park in the St. Francis Parking Garage)

Integrative Medicine
at Saint Francis
Quiet attention as you begin to heal.