

Date: Friday, June 1, 2012

Time: 11:30 ~ 1 p.m.

Located at the  
Hiawatha Athletic &  
Fitness Center

Contact person: Ashley Killoren  
785-742-7606

FIRST FRIDAY LUNCH SERIES

JUNE 1, 2012

11:30 ~ 1 P.M.



## *Physical & Respiratory Therapy Services, LLC ~Nachtigal*

Presents:  
First Friday Lunch  
with Dr. Alicia Johnson, NMD



June 1, 2012  
11:30 ~ Lunch  
Lecture 12 ~ 1p.m.  
700 Oregon Street  
Hiawatha, Kansas 66434  
Topic of discussion  
Stress Reduction Workshop

- ◆ Relaxation techniques to manage stress
- ◆ How to change your diet to lower your stress level
  - ◆ Exercise to lower stress
- ◆ Simple herbs and vitamins to reduce stress
- \* This luncheon is **FREE** and  
open to the public \*