



"MAXIMIZING THE QUALITY OF LIFE OF AREA RESIDENTS"



FOR IMMEDIATE RELEASE
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HOLIDAY STRESS GOT YOU DOWN? INDIAN STREAM HEALTH CENTER HAS SOLUTIONS FOR A STRESS FREE HOLIDAY SEASON.

Indian Stream Health Center (ISHC) and its Board of Directors would like to inform the community that the Women's Health Program will be having an evening program on December 8, 2011 from 6-8pm in the Community Room. Typically the holiday season can be a very stressful time in a woman's life. ISHC would like to provide you with tips to guide you through a "Stress Free Holiday Season". Light, healthy refreshments will be provided.

The holiday season is a beautiful time of year. While it is a time for being thankful and for giving, but behind all of this can be a great amount of stress, particularly for women. From year to year starting with Thanksgiving to New Years, many women feel the pressures of the holiday season. Typically women are known to be the "keeper" of the family unit and often feel it is their role to create a memorable holiday experience and the culture we live in today enhances this thought. Sadly, while women are creating a "perfect" holiday, they feel alone, which in turn can cause bitter feelings toward the very people that they would like to share the "perfect" holiday season with.

There are many women who feel they are responsible for everyone else's happiness; from birth women tend to put others before themselves. ISHC would like to encourage such women to ask loved ones for help when needed and allow others to help (even if they do not do it exactly the way that you would have done it). Having this ability to share in the duties will open the door to a happier holiday season.

The evening will be introduced by Dr. John Fothergill who will discuss healthy living and osteoporosis. Greg Lamm will follow with Stress Management and how to relieve stress during these tough times. Wrapping things up will be Francine Bigney who will talk about heart healthy eating, and demonstrate some yoga and exercises that will encourage the participants of the program to stay on track during the holiday season and even after the holidays.

To register to participate in the program, or for more information, please contact Tanya at 603-388-2431. Further information about the program, upcoming events, and ISHC services can be found by visiting www.indianstream.org.