

Stress Solutions Supporting a Healthy Lifestyle

Tuesday, August 7, 6:30-8:00 pm

Join Ellen Chernoff Simon, M.Ed., M.S., L.P.C., B.C.I.A.C., for this presentation on how you can feel relaxed, stress free, confident and in control of your life. She will discuss how the intentional use of your creative imagination can improve your health and wellbeing and empower life transformation. Bring a notepad to take notes at this interesting lecture!



Gilda's Club is a free cancer support community.

We offer support groups, networking groups, lectures, workshops, and social activities - all free - for people with cancer, their families and friends. Please RSVP.

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