

# Healthy Lifestyles

Rowan REGIONAL MEDICAL CENTER  
WELLNESS CONNECTION



The Wellness Connection Presents to you

## Stress Management & Self-Care

Come learn progressive muscle relaxation!

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Community Health Educator  
RRMC Wellness Connection

J.F. Hurley Family YMCA, Salisbury

Friday, July 30<sup>th</sup>

12:00pm - 1:00pm