



Delnor-Community Hospital

Presents a **HeartMath® Workshop** Open to the Public

## *Learn How to Manage Stress and Change Performance*

October 25, 2005

**Time: 9:00 AM - 4:00 PM**

No matter how gifted you are or committed to your work, if you are not equipped with personal tools to help manage the pressure of today's health care environment, you are facing problems. Impaired performance, poor attitude, headaches, poor energy, and possibly burnout can be the result.

### **A new way to succeed...**

This workshop will provide participants with tools based on science and built on research to help reach new levels of performance and maintain coherent communication.

### **Benefits...**

Greater Mental Clarity

Decreased physical symptoms of stress

More energy and resilience

Improved work/life balance

Improved communication

Enhanced creativity

**Fee: \$345 with software**

**\$200 without software**

**Location: Delnor-Community Hospital  
300 Randall Rd.  
Geneva, IL 60134**

**Call 630-208-4337 to register.**

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