



Valir Rehabilitation Hospital

Stroke Survivor & Caregiver

Lunch and Learn Series

Destress this Holiday Season: *benefits of massage and aromatherapy*

Wednesday, October 5 | 11:30 a.m. - 1:00 p.m.

First Baptist Church Coffee Shop
1201 N Robinson, OKC 73103



LUNCH WILL BE SERVED IN THE FIRST BAPTIST CHURCH COFFEE SHOP BEGINNING AT 11:30 A.M., INFORMATIONAL PRESENTATIONS WILL FOLLOW AT NOON.

This is a free event for all interested in support benefiting the stroke survivor, the caregiver, and those that know and love these individuals. All attendees receive a complimentary lunch and refreshments.

Featuring: The holiday's are not only a time for food, family and fun but also for STRESS. Join us in learning how massage and aromatherapy can aid in relieving stress. We will also have Valir Dietician Cindy Stanbrough sharing tips for quick and easy holiday meal prep.



Parking: Please park in the First Baptist Church's south lot on 11th St and Harvey, just south of the church building. Enter under green awning and follow directional signage to coffee shop.

To RSVP, please visit www.valir.com/events or call 405.609.3604