



*The AHNA Philadelphia Area Network Presents*

# ***Simple Strategies to Stress Free Holidays***

*This is the best Holiday gift you can give yourself!*

*One hour of preparing can yield hours of holiday harmony. Come learn simple holistic healthcare strategies and techniques to help you cope with holiday stress and enhance the spiritual peace of the season. (Maybe even keep off the holiday pounds)*

***ALL ARE WELCOME TO THE WORKSHOP***

***DATE: November 8<sup>th</sup>, 2010***

***TIME: 6:30PM to 8:00PM***

***LOCATION: Bryn Mawr Hospital  
CLOTHIER AUDITORIUM***

***COST: \$5.00/\$3.00 for students***

***PRESENTED BY: Margaret Brown BSN, MSN, NP-BC,  
Holistic Nurse***

***RSVP REQUESTED: at [www.innerlightrecovery.com](http://www.innerlightrecovery.com)***

***Funds raised from this event will go to international and local outreach. Be a part of this healing workshop.***

*Margaret is the Network Leader of the Philadelphia Area Network of the AHNA. For more information on her bio please see [www.innerlightrecovery.com](http://www.innerlightrecovery.com)  
AHNA Mission The Mission of AHNA is to foster a vital community that advances holistic health and nursing.*