

# Stress Seminar

Presented by: Health Promotion Disease Prevention

**ALL Veterans and Employees welcome to attend!**

Thursday, May 19<sup>th</sup> 6 - 8 PM

Audie L. Murphy Hospital Auditorium, Rm 222

- **The Relationship Between Sleep and Pain**

Dr. Emily Bower

- **Tai Chi Demonstration**

Shiva Jyoti, LCSW

- **Materials available**

Suicide prevention, fitness and health promotion, and more.



Point of Contact:  
Kristene Stewart  
(210) 617-5300 ext 16655

Health Promotion Disease Prevention Presents:  
**Managing Stress Seminar**

Thursday, May 19<sup>th</sup>  
6-8 PM



**Please join us for an interactive and exciting seminar !**

- All Veterans and Employees are welcome to attend.
- **FREE ADMISSION**
- Information regarding suicide prevention, fitness and health promotion, Tai Chi, sleep and pain relationship will be available

Location:  
Audie L. Murphy  
Hospital Auditorium,  
Room 222