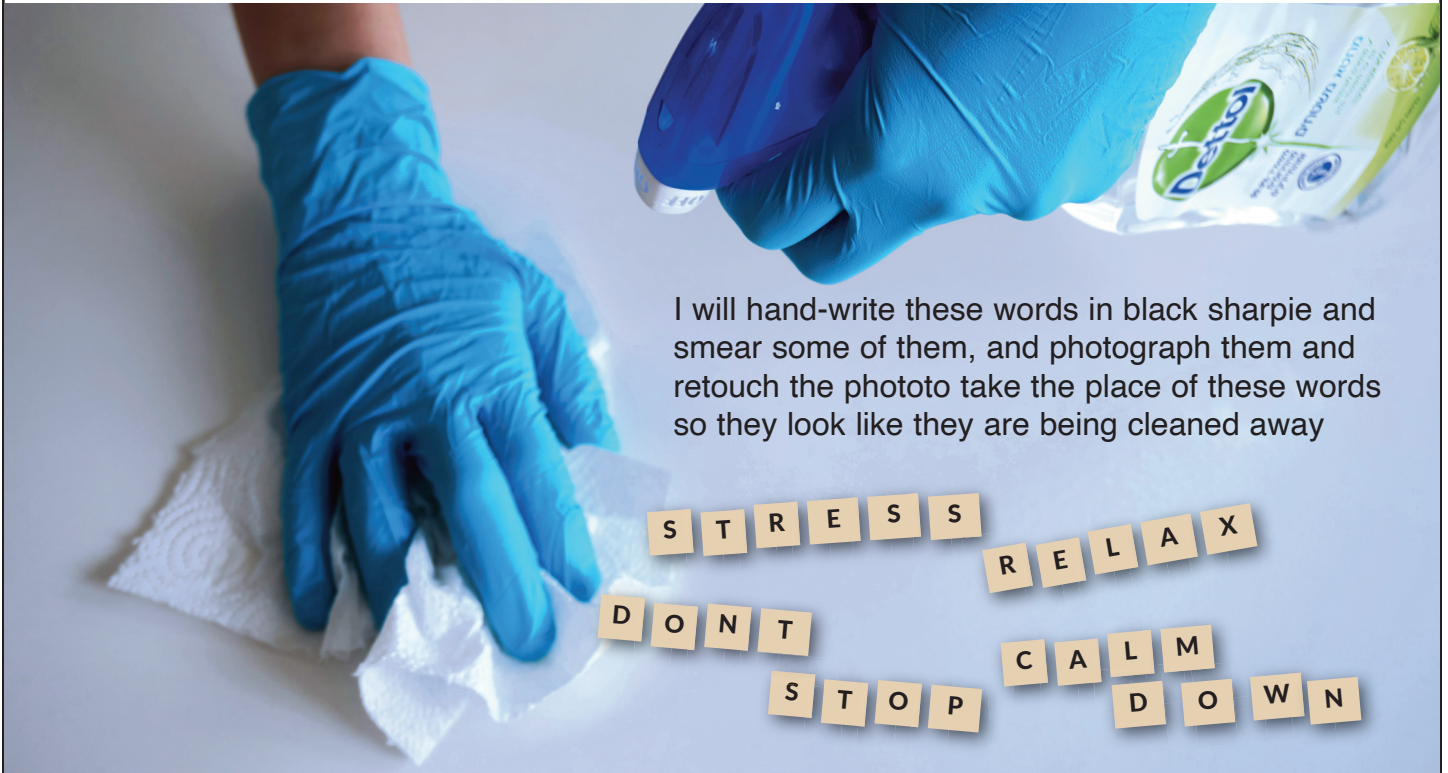




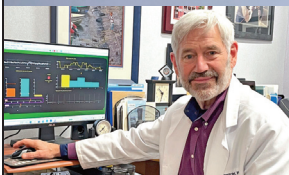
Invites you to attend a **Zoom continuing education presentation:**

# “SPRING CLEANING: STRATEGIES TO LOWER STRESS”

How to mitigate a condition that has the malignant power to impair.



I will hand-write these words in black sharpie and smear some of them, and photograph them and retouch the phototo take the place of these words so they look like they are being cleaned away



**PRESENTED BY: MICHAEL SEFTON, PH.D.**

Director of Psychology, Whittier Rehabilitation Hospital-Westborough

**TUESDAY, APRIL 23, 2024  
6:30 PM - 7:30 PM**

Please **RSVP** by **Monday, April 22** to [jswiderski@whittierhealth.com](mailto:jswiderski@whittierhealth.com)

I Contact Hour available for Nurses

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