

Managing Stress and Anxiety Through Guided Imagery

A proven and simple tool to decrease stress, anxiety and enhance coping skills



PRESENTER: Diane L. Tusek, R.N.

Director of Guided Imagery Program at the Cleveland Clinic Foundation
Featured on CNN, NBC, ABC and The Today Show

**Date: Wednesday, April 18, 2007
(2 Locations)**

**Armed Forces Retirement Home, Scott Auditorium
3700 North Capitol Street, NW
Main Gate, Rock Creek Church Road and Upshur Street
10:00 AM – 11:00 AM**

**Walter Reed Army Medical Center *
Joel Auditorium, Bldg 2, 2nd Floor, Room 2J02
6900 Georgia Avenue, NW, Main Gate
1:15 PM – 2:15 PM**

Please be Prompt!!

*** Please register with Darlene Wheeler at 202-782-0511 by 11 April 2007**

This compelling lecture will discuss:

**Reduction of stress and anxiety
Letting go of anger, resentments, and judgments
Learning from the past and moving forward in life
Enhancing the quality of sleep
Decreasing pain and anxiety by up to 65%**

This event is sponsored by the Equal Employment Opportunity Office, Diversity/Outreach Program and the National Association of American Veterans, Inc.