

LUNCH & LEARN

Sponsored By:

Regional Health Services of Howard County

Thursday, July 16, 2009

Noon to 1:00 pm

Hospital Services/Laura Rose Lobby

We are in for a treat as we share some laughs with Pam Cobbs, Senior Health & Wellness Coordinator, as she presents “Laughter Yoga” at the next Lunch & Learn Session. Don’t let the term “Yoga” scare you off. This type of yoga allows us to stretch and breathe, as well as exercise our brain and stomach muscles when we have a good laugh!!

This fun and informative session is free of charge, and a light lunch will be provided if you pre-register by calling Sue Heimerdinger at Regional Health Services, 563-547-2101, extension 2235 by Monday, July 13th. Seating is limited.



235 8th Avenue West
Cresco, IA 52136
(563) 547-2101
www.rhshc.com