

Everything Stress Management

Stress impacts every area of our lives and contributes to chronic health diseases.

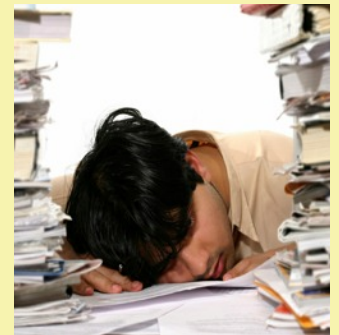
PNC and Springfield Health Check invite the downtown workforce and the public to a free wellness fair in the lobby of the

PNC Downtown Branch
5th and Washington, Springfield, IL

June 12, 2014 10:00 a.m. - 1:00 p.m.

Services and Activities Include:

Glucose - Blood Pressure - Decreasing Stress Eating
Decreasing Headaches - Relaxation Through Massage
Stress's Impact on Psoriasis - Preventing Heart Attack
Addressing the Stress of Not Hearing - Smoking Cessation
Reducing the Stress and Cost of Meal Prep
Dealing With the Stress of Alzheimer's
BMI - Bicycle Exercise to Decrease Stress



Get Your Endorphins Moving in the Parks
Keeping Your Body Healthy! - ACA Information
Stress Reduction Pack for Parents
Stress Management in the Workplace
Improving Your Financial Health and Decreasing Stress
Healthy Snacks



pnc.com



springfieldhealthcheck.org