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2ND ANNUAL WOMEN'S DAY EVENT PLANNED "WAYS TO MANAGE STRESS"

Feeling like there are too many pressures and demands on you? Losing sleep worrying about work, kids, and life? Eating on the run because your schedule is just too busy? You're not alone. Everyone experiences stress at times. But there are ways to minimize stress and manage the stress that's unavoidable. The Northern New York Rural Health Care Alliance will be hosting their 2nd Annual Women's Day: *"Ways to Manage Stress."*

National speaker, Diana Jordan will be this year's keynote. Diana is female comedian who has appeared on "Oprah." Oprah Winfrey selected Diana Jordan as "one of the funniest people on the planet" along with Jerry Seinfeld, Robin Williams and Bill Cosby, and later again commented, "Diana is a star of tomorrow!" She has also been nominated by the American Comedy Awards as one of the Top Five Female Comedians in the country. As a corporate female comedian Diana has featured in the HBO special "Women of the Night" that spotlighted 5 top female comedians and also has two feature film roles to her credit including a performance in Sony's blockbuster hit "Jerry McGuire" with Tom Cruise and a co-starring credit in the independent film "Loretta's Surprise" that was featured in the Sundance Film Festival. Ms. Jordan's segment is *The Healing Power of Laughter! Managing Stress Thorough Laughter!*

Other speakers and topics include the following: Michelle Graham, YMCA Fitness Director – *Managing Stress Through Exercise*; Alice Andrew Salon, – *Pampering and Taking Time For Yourself (Relaxation Techniques)*; Cynthia Simpson, FNP-C River Hospital – *Dealing With Stress Management & Nutrition*.

There will also be local vendors available which include: A New Attitude Spa & Salon, Alice Andrew Salon, American Heart Association, AVON, Cancer Services of Lewis & Jefferson Counties, Carthage Area Hospital, Lewis County General Hospital, Marcy Spa & Salon, Planned Parenthood of Northern New York, River Hospital, Samaritan Medical Center, YMCA, Zumba, and more! Hourly door prizes will also be drawn!

The event will take place on Friday, October 8th from 8:30 a.m. – 3:30 p.m. at the Ramada Inn in Watertown. The cost is \$35 per person. This will be a great "stress free day!"

Sponsors include: Carthage Area Hospital, Lewis County General Hospital, Planned Parenthood of NNY, River Hospital, and Samaritan Medical Center.

For registration information, please contact Sandy Hazen at 755-2500.