



Secrets to SERENITY


Wesley Ridge

Know. Understand. Care.

C.A.R.E.
care . affirmation . respite . education
meets monthly at Wesley Ridge

Secrets to Serenity

Learn about the basics of stress, both good & bad, and ways to manage it through awareness & relaxation techniques.

Speaker: Janet Kohn, MS, PC is an educational outreach trainer for the Central Ohio Area Agency on Aging.



Saturday, October 28, 2017

11:00 AM

RSVP by October 23, 2017

For more information and to register, call (614) 501-1499 or register online at www.wesleyridge.com/events.

Affiliated with  WESLEY communities

Continuing Care Retirement Community (CCRC)



2225 Taylor Park Dr
Reynoldsburg, OH 43068

Know. Understand. Care

