

# STRESS

## *During the Holidays*

*The Regional Medical Center invites you to come learn about ways to decrease stress during the holiday season.*



LUNCH & LEARN:  
FRIDAY, DEC. 15, 2017  
12:00 PM – 1:00 PM

DINNER & LEARN:  
THURSDAY, DEC. 21, 2017  
6:00 PM – 7:00 PM

COMMUNITY OUTREACH  
BUILDING

1324 HUTTO STREET. ORANGEBURG, SC 29118

MEAL WILL BE PROVIDED.

+rmc

the Regional Medical Center

To register contact: Patricia Funderburk at 803-395-2698 or pdfunderburk@regmed.com by Monday, December 11, 2017.