

ToThe Pointe

NEWS FROM THE MENTAL HEALTH PROFESSIONALS AT SUMMIT POINTE

August 2008

Relaxation for Health: Learn how to take care of yourself - Please join our experienced professional clinical staff during this four hour workshop. You will be led through various relaxation techniques that you can take home and practice at your leisure to help during stressful times. The event takes place on August 23rd, 2008 from 9:00am-1:00pm at Behavioral Health Resources (Battle Creek, MI). Tickets are \$20 and are on sale at Summit Pointe and Behavioral Health Resources (Albion and Battle Creek offices).