

Need help getting through the holidays while facing a serious illness?

York Hospital's Oncology Treatment Center is happy to offer a free luncheon discussion on

*Managing with Limited Energy;
Dealing with Family Demands;
and Serious (and Not So Serious!) Ways to
Look at Managing Holiday Stress*

*with Janet Stitt, Licensed Clinical Social Worker
& Piper Allison, M.S.W. Intern*



November 17 2008 from Noon - 1pm
Lunch will be provided

York Hospital Services in Kittery
Conference Room
75 US Route 1 By-Pass, Kittery, Maine
Please RSVP to (207) 439-1880.

 **York Hospital**
Services in Kittery