



# DE-STRESS

AT THE LAKE HOUSE

The Lake House

March 2019

The Lake House Presents:

## De-Stress Day 2019

*Join us for a day of relaxation and rejuvenation.*

*With introductions to all The Lake House  
has to offer!*

**When? Saturday, March 30, from 12-3 pm**  
Refreshments and light snacks will be provided.

**Where?** 23500 Pare Street  
St. Clair Shores, MI. 48080

**RSVP: 586-777-7761 or [programs@milakehouse.org](mailto:programs@milakehouse.org)**

*RSVP requested, not required*

life  
IS BETTER  
at the  
LAKE

@THISDELIGHTFULDESIGN



### Tentative Schedule of Programs:

12-1 pm: Chair Yoga,  
Meditation, Craft Making  
Children's Art Workshop

1-2 pm: Journaling, Knitting,  
Zumba

2-3 pm: Bollywood Dancing  
and more!!!

Reiki and chair massages  
too!