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FOR IMMEDIATE RELEASE

## **April Stress Awareness Month & Stress-Less Workshop**

### **Village of Richton Park**

RICHTON PARK, IL. May 4, 2016 – April being National Stress Awareness Month, the Village of Richton Park hosted its annual Stress-Less Workshop for Women Only on April 30th. The workshop was presented by Community Services Director, Vera Brooks and Ingalls Behavior Healthcare Facilitator, Felicia Houston.

This year, there was an overwhelming and invaluable response from the community businesses and with the help of these sponsors, no guest left empty-handed. This year's community business sponsorships included:

- Acme Beauty
- Athens Gyros
- Aurelio's Pizza
- Beggar's Pizza
- Bouj'ie Girl Beauty Salon
- Chicago Dough Company
- Culvers, Matteson
- Cynthia Butler, Village Trustee
- Daddy Donuts
- Domino's Pizza
- Guaranteed Technical Services & Consulting
- Jenny Beauty Supply, Matteson
- Massage Envy, Tinley Park
- Perfectly Posh
- Pink Zebra, Davia Wilkerson Rep
- Richton Liquors
- Richton Perks
- Rick Reinbold, Village President
- Sophia Brandon Boutique Salon
- Sue Patel of Extra Kute Hair
- Target, Matteson
- Walgreens
- Wendy's

The Stress-Less Workshop focused on bringing awareness to stress and management. Felicia Houston, MA-L.C.P.C. was joined by Barb Ferrari of Ingalls Wellness Center; Stephanie Farrow of Young Living Oils; Erin Dublich; Sue Simon of Guiding Meditation; Priscilla Q. Williams, RN; and Zumba instructor Lenora Henry of Zumba with Lenora.

Ladies who attended this event were able to receive great wellness and stress-releasing information, massages, a 30-minute Zumba workout, holistic meditation exercises, and giveaways. Brooks and her team served a host of appetizers, including chocolate covered strawberries, and champagne. The night ended with dancing to music by DJ Aye-Ray.



Richton Park’s President Rick Reinbold stated “This has been a wonderful event for women for the past four years and next year we are looking forward to hosting the first Stress-Less Event for Men only.”



For more information, please contact Vera Brooks, Community Services Director, at 708.753.8820 or [vbrooks@richtonpark.org](mailto:vbrooks@richtonpark.org).

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