



2015 NATIONAL PUBLIC HEALTH WEEK EVENT

SPONSORED BY DEPARTMENT OF PUBLIC HEALTH & PREVENTIVE MEDICINE SUNY UPSTATE MEDICAL UNIVERSITY

Tuesday, April 7

Noon - 1 PM

4507 Setnor Academic Building
Upstate Medical University

Integrative Therapy for Managing Stress

Natural Stress Relief with Reiki

Mary Riposo, PhD, MRT
Infinite Light Center for Yoga & Wellness

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.

Learn about this simple, yet powerful technique & experience it for yourself.

You'll leave the session empowered with skills you can use right away to melt your stress away.

UPSTATE
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Free & Open to the Public. Registration Not Required
For more of our public health week events visit www.upstate.edu/events
For more information contact Cindy Paikin: paikinc@upstate.edu