



Join us for a special evening of pampering and nursing appreciation.

As a nurse, it's easy to nurture others, while neglecting yourself. Building a positive reserve of happiness and health starts from the inside out, with conscious self-care and attention.

When: Wednesday, April 19th, 2017
Time: Drop in between 4pm-7:30pm
Where: The Ridge Campus -10 White Oak Drive, Exeter

For more information:
Contact Wanda Rodriguez at
603-658-1541
or wrodriguez@riverwoodsrc.org
www.riverwoodsrc.org

Enjoy:
Chair Massages from 4:30pm-7:30pm
Delicious Food, Champagne & Conversation
6pm "Spring Greens" cooking demonstration
by Tracey Miller, founder of Dig In: Real Food Solutions

Raffle-prizes include:
* \$250 Gift Card to Wentworth By The Sea
* Fitbit * Gift Card for a Massage
* \$50 "Exeter Money"

Meet the Nursing Leadership and Team.
Tours will be offered.



Mutuality * Authenticity * Not for Self * Respect for the Individual * Sustainability
OUR CORE VALUES