

# SAVE THE DATE



## First Friday Education Series

**February 3, 2012**

Getting a Decent Night's Sleep ~ Leslie Robison, PhD.  
Moscow, ID

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**March 2, 2012**

Treating Anxiety with Traditional East Asian Medicine ~ Liz Lee, LAc  
Colfax, WA

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**April 6, 2012**

Living fully with Arthritis ~ Katie Dorman, OT  
Pullman, WA

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**May 4, 2012**

Stress and Finances ~ Karen Richel, M.S., AFC  
Moscow, ID

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**June 1, 2012**

Depression and Chronic Illness ~ Kathleen Haley, MSW, LICSW  
Colfax, WA

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**Classes are 11:30 am – 12:30 pm**

For registration and location information, visit [www.AccessOnThePalouse.org](http://www.AccessOnThePalouse.org)  
Contact Project ACCESS at 208-338-6486

