

Reduce Stress for a Better Life  
Evaluation  
Senior Center  
May 8, 2020  
Cleo Richard RN, PhD

Directions

Please answer the questions below.

1. How did this session meet or not meet your expectations?
2. Write a few things that you learned by attending this session.
3. Were the written materials helpful?
4. Would you recommend this program to other people? Why or Why not?
5. Suggestions for Dr. Richard and her presentation.
6. What other topics would you like to learn/hear about?
7. Other comments and/or suggestions....

**Thank you**