



ARE YOU SUFFERING FROM **ESD**?

(ELECTION STRESS DISORDER)

REACH FOR A G.R.I.T.S. FIX!

This is an all-natural, gentle, yet thorough relief for the toxic malady plaguing many nationwide. Through exclusive marketing, it will be available to all attending the

Central Virginia G.R.I.T.S. Chapter Shoot

Monday, November 14, 2016

11:00 am

Home of Barb Jump

(Sue Ross will give you directions when you RSVP)

Please bring an appetizer to share and your favorite libation. We will ALL feel sooo much better afterwards! Please RSVP to Sue Ross, [smrosspg@comcast.net](mailto:smrosspg@comcast.net).



**"STRESS"**

THE CONFUSION CREATED WHEN  
ONE'S MIND OVERRIDES THE  
BODY'S BASIC DESIRE TO CHOKE  
THE LIVING DAYLIGHTS OUT OF  
SOMEBODY WHO DESPERATELY  
NEEDS IT!