

RELAXATION Strategies

WORKSHOP

Come and enjoy a little down time!! The relaxation strategies workshop will teach you basic relaxation techniques to help you cope with the stressors of every day life.

When: October 13th, 15th, 20th, 22th
Tuesday and Thursday
12:00 pm - 1:15 pm

Where: University Inn, Room 510



The workshop includes a mini massage, yoga, music, deep breathing, and humor therapy, and mental imagery techniques. The registration fee is \$20, also includes a Be Well lunch on the last day of class, and a relaxation survival kit. Space is limited so please sign up TODAY!

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