

PRACTICAL RELAXATION SERIES



Interlake-Eastern
Regional Health Authority

Session 1 - Intro to Stress - This hands on session reviews stress and way to reduce stress. Focus: Deep breathing and guided imagery.

Session 2 - Intro to Mindfulness - This hands on session reviews mindfulness, which is about focusing awareness on the present moment.

Session 3 - Intro to Reframing Our Thoughts - Our thoughts and beliefs can influence our feelings and actions. We will look at challenging negative thinking and faulty beliefs. Improve your mood by thinking in a flexible and more balanced way.

Tuesday's October 3, 10, 17, 2023

Time: 1:00pm-2:30pm

South Interlake 55+

Odd Fellow's Hall

374 First Street West Stonewall

Reservations Required!

Call 204-467-2582 to reserve your seat.