



MIND BODY

**DATE: TUESDAYS, NOVEMBER 10TH TO
DECEMBER 15TH TIME: 1:30-3 P.M. (6
SESSIONS)**

MS TEAMS

PHONE SESSIONS AVAILABLE (LIMITED SPACES)

Topics include: • building resilience • creative ideas for dealing with stress • difficult transitions • advocacy • healthy relationships • mindful eating • sleep hygiene • personal hygiene • benefits of physical exercise • relaxation techniques • mindfulness and meditation • cross cultures ways to deal with stress and anxiety

AND HOW TO DEAL WITH HOLIDAY STRESS

FOR MORE INFORMATION CONTACT: ANDREA PERSONNIC 519-429-9723