

# RELAX

## Come Ease Tension & Anxieties

### When:

Every Wednesday  
from 11:00-12:00

### Where:

TCORE in the large group room

### Open Group:

Drop in Any Time

### Practice for Beginners:

Breathing for Relaxation

Meditation

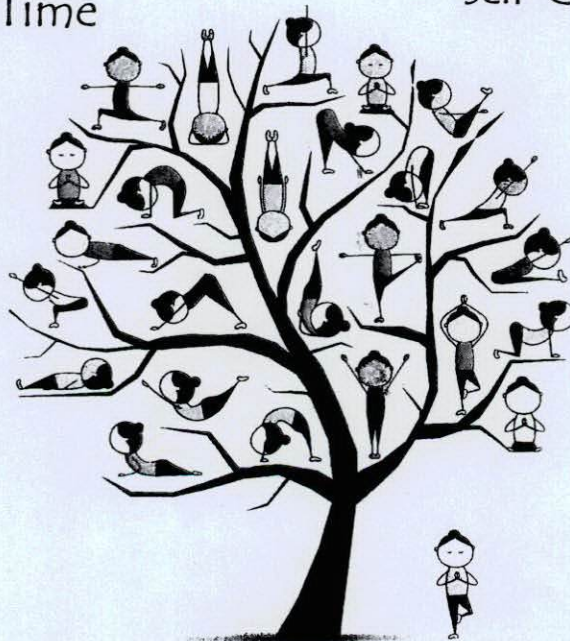
Gentle Yoga

Guided Imagery

Progressive Relaxation

Body & Mind Awareness

Self-Compassion & Care



If you have any questions, please feel free to contact the group facilitator

Christine Waligora, ASW at 916-480-1801 ext. 2038