

STRESS MANAGEMENT CLASSES

Hendricks Regional Health (HRH) offers in-depth stress management classes for community members. This special eight week session introduces multiple stress management and coping techniques for all ages and abilities. Examples of relaxation methods taught in the class series includes: guided meditation, Jacobsen's relaxation responses, Tai Chi, and more- all led by specially trained HRH physical therapists.



EIGHT-WEEK SESSIONS

Participants learn new coping strategies each week and examine the underlying causes of their physical stress. They are empowered to make healthy changes in a small support group setting.

- Where: Hendricks Regional Health Avon Medical Building (above the Immediate Care Center- 2nd floor conference room)
- When: Begins Thursday, September 6, 2018 (it is on Wednesday evenings in the Spring)
- Who: Anyone who wants to learn stress management techniques may attend

The cost is \$250 for community members, \$200 for HRH Wellness Center participants and FREE for HRH Associates. Community and Wellness Center members who attend all sessions will receive a \$50 gift card upon completion of the classes.

Register for an informational meeting or learn more at [HENDRICKS.ORG/BETTERLIFE](https://www.hendricks.org/betterlife).