

stress management and wellness




sunday, february 28

2:30 - 5:30 pm

\$40 (scholarship assistance is available)

Space is limited. To register, call **773.472.7663**

Childcare available for this workshop; RSVP required.

-  **improve your health**
-  **decrease stress**
-  **learn self-care techniques**



In this active workshop, you will identify arenas in which you wish to make changes, and practice a variety of self-care techniques. You will learn strategies to increase calm or build energy, whether you have a minute at your desk or an hour break. This fun and practical program allows each participant to create an attainable self-care plan unique to your needs and goals.

upcoming classes:

Five Fingers of Self-Defense course: for women and teen girls
Self-Defense Basics class for adults and teens

4/6 - 4/27, runs 4 tuesdays, 6-9pm
5/4, tuesday, 6-9pm

Thousand Waves Martial Arts & Self-Defense Center, NFP

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