

TOOLS FOR THRIVING:

Reduce Your Stress, Improve Your Health

3 Session Series:

Tools for Thriving I - The Basics

Tools for Thriving II - Journaling Practices

Tools for Thriving III - Movement & Restoring the Body

(You can begin the series with any of the three sessions)

Learn about how the brain reacts to stress and how it impacts your health. This class is a combination of lecture and practice of many simple, powerful tools that help counter the effects of stress on the body.

When: Monthly on a Friday - Call for date

Where: St. Charles - Bend

Who: All cancer patients, caregivers and anyone wanting tools to reduce effects of stress

Registration required:

Suggested Donation \$5.00 materials included.

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