



MINDFULNESS, MEDITATION & RELAXATION **28-DAY WEB-BASED COURSE**

DISCOVER AUDIOS, VISUALS, SELF-HELP GUIDES AND WORKSHEETS

SMARTPHONE RELAXATION TECHNIQUES TOOLKIT & INSTRUCTION COACHING

Benefits: Scientifically proven methods to help you reduce anger, anxiety, depression, stress and pain as well as improve memory, positive mood and quality of life.

\$260 RELAX, EASY LISTENING AND VISUALS

Description: 4 classes, 30-minute periods Web-based training program with instructional coaching telephone support and Relaxation Toolbox digital media exercises: audios, videos and music and workbooks compatible for smartphone, PC, and tablet.

Managing Disruptive Behavior and Stress in Families, Employees and Healthcare Workers

CALL TO REGISTER (814) 662 - 5338