

STRESS MANAGEMENT



Join us for a **FREE**, hands-on workshop where you will learn:

- ✦ Relaxation techniques. (Mindfulness, Music, etc.)
- ✦ Coping skills for overcoming challenging emotions.
- ✦ Stress reduction strategies.

The 1st & 3rd Thursday of every month: 12:00-12:45 in the Grizzly Education Center, 1921 Main St. in Alamosa



Organized by San Luis Valley
Health, Behavioral Health
Department

For more information
please contact us @
719-589-8008