

GODSEND PSYCHOLOGICAL SERVICES PRESENTS

RELAXATION FOR HEALTH

A WORKSHOP ON THE BENEFITS AND TECHNIQUES OF RELAXATION

IF YOU EXPERIENCE:
JOB STRESS
SCHOOL STRESS
SLEEP PROBLEMS
ANXIETY
FATIGUE
STRESS RELATED HEALTH PROBLEMS
THIS IS FOR YOU !



FOR ADULTS AND ADOLESCENTS 13 YEARS AND OLDER
PRESENTED ONE SATURDAY PER MONTH
250 Hartsdale Avenue * Hartsdale, NY * SECOND FLOOR SUITE 21
\$50

SPACE IS LIMITED! CALL OR EMAIL FOR SCHEDULE OR TO RESERVE YOUR SEAT

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PLEASE BE ON TIME



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