

RE-MIND™:

MIND & BODY WELLNESS PRACTICES FOR STRESS RELIEF

This is a 30-45 minute demo class that teaches various mind-body wellness practices for decreasing stress and improving mood and mental focus.

No prior experience
or equipment
necessary.

Comfortable clothing
suggested.



Hosted by the RE-MIND Center for Stress Management

Stress Management Workshop

Sunday, October 25th

12PM - 12:45PM

On a Love-Offering Basis: \$ 10