

re-learn to relax



**When's the last time
you felt really relaxed?
How about at work?**

Reacquaint yourself with relaxation techniques that help you manage stress and feel more connected to your daily life.

**Join us on 2/21/19
at 10:00am, 11:30am, 1:00pm
2:30pm
in conference room C**

Participants will receive an incentive and a mindfulness guide for starting a meditation practice.

Brought to you by the friendly folks at:

