

Please Join Us:
Thursdays at 5:30 PM



Rejuvenate the Mind... Balance the Body

Relax and De-stress with Guided Imagery and Meditation!



Do you want to feel more *peace*,
harmony and *ease* each day?

Do you want to *connect* with the core
of your being, your essence?

Are you in *need* of a *mind-body break*?

Learn powerful techniques for
achieving a *still mind*, and how you can
use Guided Imagery and Meditation to
help you *achieve your goals*.

Change begins on the inside!

Please join us for 30-minutes of renewal & self-care led by professionals of
The Center for Integrative Healing.

“DROP IN” for any class (no registration required)

THURSDAYS — ONGOING

5:30 PM – 6:00 PM

Conference Room E (in the Health Sciences Library)

A \$5 donation per class is appreciated.

For more information about The Center for Integrative Healing, call 201-894-3767.