

Relaxation in 30 Minutes or Less



Some stress in life helps us get things done, but too much stress may be causing you some health problems. Need a solution?

JUST RELAX ALREADY! Let the staff from the Fox Army Health Center Behavioral Health Team lead you through a series of different relaxation techniques throughout the months of October and November. Attend one class or all of them and walk out the door of each session relaxed and refreshed!

Dates/Topic: 5 Oct 16 (Guided Relaxation Breathing)
19 Oct 16 (Guided Imagery)
2 Nov 16 (Progressive Muscle Relaxation)
16 Nov 16 (Autogenic Relaxation)

Time: 1230-1300 (**No late entrance allowed after class start time**)

Where: Wellness Clinic Classroom

Note: You are welcome to bring a personal yoga mat to class to assist with relaxation.

These are **NOT** Lunch and Learn classes. Please, **NO FOOD** in the classroom during these sessions.

To Register, please call 256-955-8888 ext 1440.