



# Relaxation 4 All People



Do you need a break from **Stress**

Join us in the Connection Center (911 Parsons Avenue) for Relaxation Classes

**Tuesdays** from 1-2 pm and 6:15 pm

Classes include:

- gentle movement
- restorative rest
- calming breath practices
- the benefits of essential oils and Reiki
- simple techniques you can use daily to ease the effects of stress

**Classes are FREE for CD4AP  
Program Participants!**

*Relaxation for All People Classes will be led by Urban Zen Integrative Therapists who are trained in techniques to address the symptoms of pain, anxiety, exhaustion, insomnia, and poor digestion.*

**For more information or to sign up, email [UZIT@4allpeople.net](mailto:UZIT@4allpeople.net) OR**

