

# *Relaxation Training Classes*

## *Lower*

*Blood Pressure  
Help Reduce Cholesterol  
Reduce Anxiety and Depression  
Your Worry*

## *Increase*

*Ability to Deal with Stress  
A Sense of Wellness  
Ability to Focus and Concentrate  
Quality of Your Sleep*

## *Learn the Art of a Quiet Mind*



*Cost: \$100.00 for 4 week session  
(\$25 per session)*

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**Creating Positive Possibilities**

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***Affiliated with***

**Stone Creek  
Wellness Center**

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