

# Mind & Body Health

Your path to life balance



Medical science has made amazing discoveries about how our emotions and thoughts can positively or negatively impact our health. This 6 week interactive class series helps you become aware of how you can get caught in the stress symptom cycle in our fast paced world. Learn helpful tools that can help you begin to manage your physical and emotional wellbeing.

Each week different experiential exercises will also be practiced including deep breathing, walking and eating meditations, guided imagery, gentle movement and more.

Where: ONEgeneration Senior Enrichment Center  
18255 Victory Blvd, Reseda, CA 91335

When: Fridays, Starting April 7<sup>th</sup>-May 12<sup>th</sup>

Contact: (818)705-2345

2:00pm-4:00pm

 KAISER PERMANENTE®