

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 7th-May 12th

Contact: (818)705-2345

2:00pm-4:00pm



KAISER PERMANENTE®