

VIRTUAL PARENT CHAT SESSIONS  
HOSTED BY DEKALB COUNTY COMMUNITY SERVICES BOARD



# DEEP BREATHING

An introductory group on the benefits of breathwork in mental and physical health. Breathing is a great exercise in self-care that is essential to life and has many benefits such as:

- Improved immune system
- Sleep
- Digestive functioning
- Concentration
- Mood

TUESDAY

NOV 17, 2020

NOV 19, 2020

6:00PM

[JOIN VIA ZOOM](#)

MEETING ID: 852 8851 7948

PASSCODE: goodhelp

NO REGISTRATION NEEDED

## QUESTIONS?

Contact Teresa Wright Johnson  
Parent Peer Specialist- 770-568-0572

