

April is Stress Awareness Month!



Join us all month long for special classes and events designed to help you de-stress, relax, and find your balance.

UNC Meadowmont

Yoga Nidra: Sundays @ 3pm with Kathy K.
Outdoor Walks: Wednesdays (April 1, 15, 29 @ 10am; April 8 @ 9am) with Kathy D.
Mindfulness Session: Tuesday, April 7 @ 2:30 pm with Karla
Yoga Nidra: Sunday, April 12 @ 9:45am with Susie M.

UNC Northwest Cary

Chair Massages: Saturday, April 11, 10:00am–11:40am (Lisa), Monday, April 13, 6:00pm–7:40pm (Jesi), Tuesday, April 21, 5:00pm–6:40pm (Lily)
Mind/Body Classes: Try a new class! Check schedule for times.
Yoga Nidra: Friday, April 17 @ 6:00pm with Beth K.

REX Raleigh

15-Min Meditation: Mondays @ 6:00am & 12:00pm, Thursdays @ 12:00pm & 4:30pm
Super Stretch: Saturdays @ 12:00pm
Friends and Folk Social: Thursday, April 16, 1:00-2:30pm
Outdoor Pop-up Tai Chi: Tuesday, April 21 @ 8am with Chip
Birdwatching (Rex Campus): Tuesday, April 28 @ 8am with Chip

REX Knightdale

Yoga (Rest & Relax): Friday, April 24 @ 10:30am with Julie
Outdoor Relaxation Walk: Tuesdays @ 12:00pm–12:30pm (Meet in CAC Lobby) with Steve
Chair Massages: Wednesday, April 8, 1:00–3:00pm with Chanel

REX Cary

Sound Bath Demo: Monday, April 6 @ 3pm with Yazmin
Roll, Relax, Release: Sunday, April 12 @ 3pm with Susan
Stretch (Live & Virtual): Thursdays @ 6:20pm with Kim