



Taking Care of You

body. mind. spirit

Do you want to learn how to better manage your stress and become more mindful?

Take advantage of a **FREE** four week class near you!

When: Monday Nights from 5:30pm-7:30pm

Merrill

Dates: Mondays, March 5, 12, 19, 26

Where: T.B. Scott Free Library
106 W. 1st Street

Tomahawk

Dates: Mondays, April 2, 16, 23, May 7

Where: Tomahawk Public Library
300 W. Lincoln Avenue

Instructor: Debbie Moellendorf, Lincoln County UW Extension

Taking Care of You is a research-based 4-week program that offers practical strategies and experiences to help people deal with the stress in their lives. Managing life's challenges in healthy ways allows participants to take better care of themselves and their overall health. Participants will consider ways to:

- Become more aware of the mind-body connection and how to use this awareness for better health
- Develop habits that can lead to a healthier person: body * mind * spirit
- Respond versus react to the stress in life
- Discover opportunities in life's challenges
- Find ways to bring more joy into life
- Simplify life

Light Snacks Provided!



A minimum of 10 participants are required to offer the class. Limited to 20 participants. RSVP by February 23 to Lexi Grzanna, at Lexi.Grzanna@co.lincoln.wi.us or 715-539-8554 .

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