

Relaxation Classes

- ▶ **WHAT:** Instructs four different types of relaxation skills
 - ▶ 1st Tuesday - Learn to relax your breathing (helps reduce stress, anxiety, blood pressure, etc)
 - ▶ 2nd Tuesday - Learn to relax your body (helps reduce stress, pain, tension, etc)
 - ▶ 3rd Tuesday - Learn to relax you muscles (helps reduce stress, pain, tension, etc)
 - ▶ 4th Tuesday - Learn to relax your mind (helps reduce stress, anxiety, worry, etc)
 - ▶ 5th Tuesday - No class
- ▶ **WHEN:** Every Tuesday at 1430
- ▶ **WHERE:** Check-in at the Mental Health Clinic front desk
 - ▶ (3rd floor of medical group)
- ▶ **WHO:** Open to active duty, dependents and retirees

