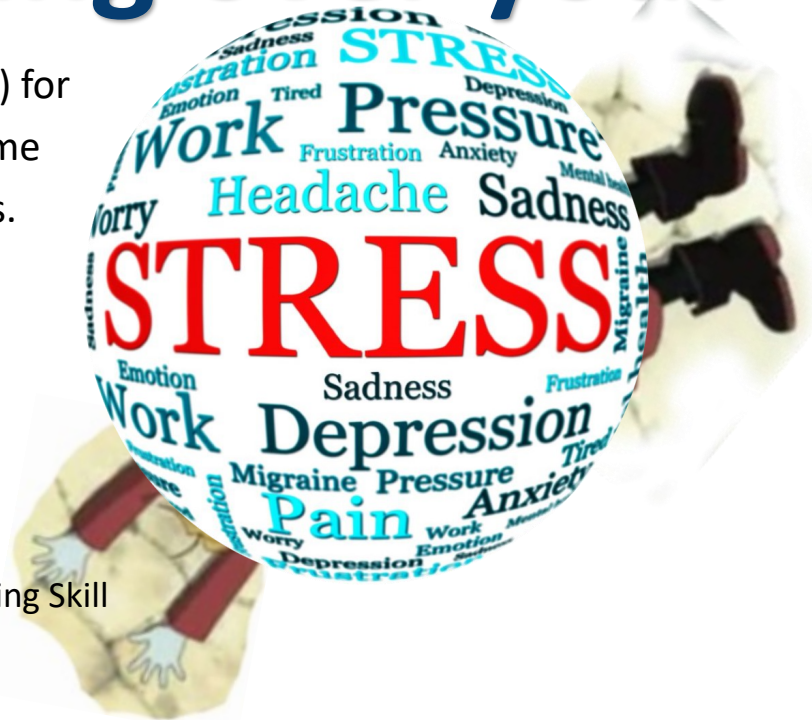


Do you ever feel like stress is rolling over you?

Join Heart Mountain Free Clinic (HMFC) for the following free classes and learn some great coping skills to reduce your stress.



Date	Topic
May 14	Introduction
May 21	Yoga
June 4	Yoga (continued)
June 11	Using Exercise as a Coping Skill
June 18	Tai Chi
June 25	Tai Chi (continued)
July 9	Using the Breath to Cope/Walking the Labyrinth
July 16	Photowalk
July 23	Using Meditation as a Coping Skill
July 30	Continue with Meditation/ Meditation Walk
Aug 6	HeartMath, a Biofeedback program
Aug 13	HeartMath (continued)
Aug 20	HeartMath (continued)
Aug 27	Dealing with irrational ideas and negative self talk
Sept 10	Time Management as a coping strategy
Sept 17	Reducing Anger as a Stress Response
Sept 24	Nutrition and Stress

For class locations and registration call 272-1753