



Stress Reduction Program

A FREE Class

**This Mindfulness Based Program has
been shown to help with:**

- High Levels of Stress
- Mood Swings
- Anxiety Attacks
- Depression
- High Blood Pressure
- Insomnia
- Traumatic Stress Syndrome
- Inability to concentrate

**This class is being offered by
Lynda Cole RN**

Every 3rd and 4th Tuesday of these months

Time: January, May, and September 1:00—3:00 pm

March, July and November 6:00—8:00 pm

Community Health Education Center (CHEC)

3950 Sherman, North Bend

For more information, call 269-8076