

Train Your Brain

Presented by Bay Area Hospital

A Cognitive Behavioral & Mindfulness Stress Management program proven to help people reduce the symptoms of:

- ♦ Depression
- ♦ Stress
- ♦ Anxiety
- ♦ Chronic Pain

Cognitive behavioral techniques and the “mindfulness” approach are proven methods to help restore hope, well-being and relaxation.

Where: Bay Area Hospital

Community Health and Education Center
3950 Sherman Ave., North Bend, OR

When: Every other month on the 1st four Tuesdays

Time: January, May, and September 1:00 to 3:00 pm
March, July and November 6:00 to 8:00 pm

Register online @

www.bayareahospital.org/calendar_events.aspx

or call 541-269-8076