Guided Relaxation for Stress Management

Wednesday, December 14th
12:00 p.m. - 12:30 p.m.
4 Tower Place, 4th Floor, Room 407

Join Judi England, RN, licensed massage therapist and certified Kripalu yoga instructor as she facilitates this stress management program that incorporates breathing exercises, guided visualization, progressive relaxation and/or meditation.

Open to all Research Foundation employees!

CDPHP members can earn up to 10 Life Points® for attending.

*A minimum of 10 CDPHP members is required. Please bring your member ID card.

Please contact Brenda Seckerson, EAP Coordinator to register:
bseckerson@albany.edu • 442-5483
Or register online at: http://www.albany.edu/eap/event_sign-up.htm