

RELAXATION TECHNIQUES FOR SENIORS: WEBINAR



In Collaboration with Maximize Your
Health – Self Management Program



Wednesday, July 3, 2024
10:30 a.m. – 11:30 a.m.

Discover ways to relax and de-stress!

This presentation includes:

- Stress responses to recognize as cues for action
- Short techniques to prevent rising stress levels in the midst of your day
- Long techniques to enhance immune function, mood, energy and restoration after a long day



For registration, please email:

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[Register Online](#)



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