



Relaxation Techniques to facilitate

Stress Reduction

Mood Enhancement/Stabilization

Instructor: Arnie Shapiro, MD

Tuesdays 12:10-1:00 p.m.

November 3, 10 and 17, 2009

Join Dr. Shapiro for a series of three workshops in brief relaxation techniques. Dr. Shapiro has taught these techniques at MSU Student Health Service for 16 years and to several groups at MSU-Bozeman.

Learn brief practical self-soothing techniques that can be practiced anywhere. Instruction includes patterned breathing, visualization and auto-suggestion.

***Register at the Rec. Sports Office,
Rm. 120 Hosaeus Fitness Center**

***Cost is \$25 for the series**

***Classes meet at the massage room, 2nd floor fitness center**

***Minimum of 4 participants—Limit 15**