

Taking Care of YOU: *body • mind • spirit*

A Program for Creating a Healthier Life for YOU

Good intentions to take care of yourself can be pushed out of reach by the demands on your time and attention. You may overextend yourself trying to meet the needs of others, face daily responsibilities or live up to expectations. These demands can lead to feeling stressed or burned out.

Life is full of choices—and those choices affect the body, mind and spirit. **Taking Care of YOU** is designed to help you deal with life's stress, make wise choices and explore ways to live a healthier life.

Taking Care of YOU is an eight-week program that offers practical strategies and experiences to help you deal with the stress in your life. Managing life's challenges in healthy ways allows you to take better care of yourself and your overall health. Each week you will explore topics through small group discussion, self-reflection and activities. You will consider ways to:

- Become more aware of the **mind-body** connection and how to use this awareness for better health
- Develop habits that can lead to a **healthier** you: body•mind•spirit
- **Respond** versus react to the stress in your life
- Discover **opportunities** in life's challenges
- Find ways to bring more **joy** into your life
- **Simplify** your life
- Live more in the **moment**

Program Participant Quotes:

"Gave me a new understanding of my stress."

"Helping me stay calmer in stressful situations."

"Learned important skills and knowledge that I can use the rest of my life."

When: Tuesdays, 5:30 p.m. – 6:30 p.m.

March 6, 13, 20, 27 April 3, 10, 17, 24

Where: Unity Center of Columbia, 1600 W. Broadway

Program Fee: \$25 (Make check payable to: Boone County Extension Council)

Registration Deadline is February 28. Class size is limited. Register early!

For questions or more information, contact the Program Instructor:

Vera Massey, MU Extension Nutrition & Health Education Specialist @ (573)445-9792 or masseyv@missouri.edu



An equal opportunity/ADA institution



Taking Care of YOU Program Registration

Include \$25 payment with this completed registration form and mail before February 28 registration deadline to:
Boone County Extension Center, 1012 N. Hwy UU, Columbia, MO 65203

Name: _____ Phone (day): _____

Address: _____ E-mail: _____

Check this box if you would like to speak with someone about special accommodations because of a disability.