

Taking Care of You

body • mind • spirit

Taking Care of You is a multi-session program offering practical strategies and experiences to help you deal with the stress in your life. Managing life's challenges in a healthy way 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:

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

Taking Care of You

Is a program that meets for 8 weeks 1 hour sessions

Materials include handouts and a list of useful resources.

The class is held every Wednesday from 10 – 11. The class cost \$20 per person and that covers all 8 sessions, handouts, and materials. The first class will begin on January 24, 2018. Minimum class size is 10 with a maximum of 15. Space is limited so please contact us starting January 2nd.

For more information contact:

University of Missouri Extension Center
614 Lindsay Ave
Poplar Bluff, MO 63901
(573) 686-8064

Taking Care of You Program Registration:

Include \$ 20 payment with this completed registration form and mail by registration deadline to:

January 22nd, 2018 by 4 pm

Name: _____

Phone (day): _____

Address: _____

E-mail: _____

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