

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 stress management program that meets from 1-3 PM starting 3/17

Materials include handouts and a list of useful resources.

This is a rewarding 4-session series that will meet every other Saturday starting March 17. Other dates include March 31, April 14, and April 28.

We will meet at Performance Massage and Wellness at 517 S Main St. Joplin, MO 64801.

Cost is \$40 per person. Please register by March 12

For more information contact:

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417-682-3579
stevensonlk@missouri.edu

Taking Care of You Program Registration:

Include \$40 payment with this completed registration form and mail by registration deadline to:

University of Missouri Extension
801 E 12th St. Lamar, MO 64759

Name: _____

Phone (day): _____

Address: _____

E-mail: _____

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

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