



Anxiety?
Muscle Tension?
Headaches?
Insomnia?

RELAXATION SKILLS

begins OCT 16

12 group classes in
Relaxation & Stress Management Skills

meeting twice weekly,
on Tuesday & Thursday,
at the University of Guelph

5:30 – 6:30 pm in Room 429 UC

Fee :

\$ 40.00 for U of G students
(due to Student Health Services subsidy)

\$ 120.00 for members of United
Steelworkers Local 4120
(due to USW Local 4120 subsidy)

\$ 240.00 for all others

For more information, or private training, visit www.SelfRegulationSkills.ca
or leave a message at the Stress Management Clinic 519 824-4120 ext. 52662