



Anxiety?  
Muscle Tension?  
Headaches?  
Insomnia?

# RELAXATION SKILLS

## begins JAN 28

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 334 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](http://www.SelfRegulationSkills.ca)  
or leave a message at the Stress Management Clinic 519 824-4120 ext. 52662