

McKinley Stress Management Workshop Request

ALL REQUESTS MUST BE MADE AT LEAST 2 WEEKS IN ADVANCE!

Current Date: _____	Contact Person: _____
Phone Number: _____	E-mail: _____
Organization: _____	Location of Workshop: _____
Estimated number of attendees: _____	Address of Workshop: _____
Date of Workshop: _____	Time: _____ <input type="checkbox"/> a.m. <input type="checkbox"/> p.m.
Alternate Date: _____	Time: _____ <input type="checkbox"/> a.m. <input type="checkbox"/> p.m.

TYPE OF WORKSHOP

Please Check the Program/Topic Desired

- Relaxation of the Mind and Body
- Other (Please contact Health Education Unit at 333-2714 – we will be happy to design a workshop to fit your needs.)

DESCRIPTION OF PROGRAMS

Relaxation of the Mind and Body

This hour-long workshop gives participants hands on experience with four relaxation techniques including shoulder/neck massage, deep breathing, guided imagery, and progressive muscle relaxation exercise. You will walk away with some stress management tips, ideas for relaxation, and feel a renewed energy from refreshing your mind and body.

You may fax this back to McKinley Health Center at 244-1758.