

Breathing Easy: A Mini-Course in Brief Relaxation Techniques for Busy People

Thursday, Mar. 22, 4:00-5:00 p.m., SUB 232

Participants will learn short, practical, self-soothing techniques to manage stress, headaches and insomnia that can be practiced anytime, anywhere.

Presenter: Arnie Shapiro, MD, served at MSU Student Health Service for 16 years

Enrollment is very limited to maximize the learning experience. **RSVP required to annea@montana.edu by 5:00 p.m., Tuesday, Mar. 20.**