



Taking Care of You

Ages 10+



Extension
University of Missouri

Tuesdays



3:00-4:00PM **FREE**

Begins September 5th | Ends October 24th

Taking Care of You is a multisession program that teaches simple tips and tricks 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 health. Each week you will explore topics through small group discussion, self-reflection and activities. Activities of the program are aimed at increasing mindfulness, positive emotions, optimism, resiliency to stress, coping skills and self-care of your mind, body and spirit. Types of Activities include Games, Art, Cooking, Gardening, Tai Chi

Excelsior Springs Parks, Rec & Community Center
500 Tiger Drive | 816-656-2500

www.es-prcc.com