

CCS Wellness Initiative presents

URBAN ZEN

Integrative Therapy

AT PARKMOOR ELEMENTARY

LEARN AND EXPERIENCE VARIOUS TECHNIQUES TO HELP
MANAGE ANXIETY, EXHAUSTION, INSOMNIA & PAIN



**TAKE CARE
OF YOURSELF**



RELAX



FEEL BETTER

Janine will offer aromatherapy while guiding you through gentle mindful movements, restorative postures, body awareness meditation and breath observation to address symptoms of everyday life. You will learn helpful tips to incorporate in your daily self-care routine. No previous experience needed. Wear comfortable clothing.

TUESDAYS
class begins March 3rd

4:00 - 5:00 PM
LIBRARY

Meet Your Urban Zen Instructor *Janine Harris Degitz*



Janine is a passionate professional dedicated to strengthening the Columbus community by providing essential training in restorative practices, conflict resolution, self-care, self-awareness and mindfulness to youth, teachers, and community members.

She is certified in Urban Zen Integrative Therapy, She is a licensed contractor in Restorative Practices and Facilitating Restorative Conferences for the International Institute for Restorative Practices (IIRP). She holds her Master's degree in Restorative Practices from IIRP and is the co-creator and facilitator of Honest Conversations about Race, an inclusive group that emphasizes open honest dialogue about the impact of race and racism on our lives.

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CLASS SCHEDULE

Date	Time	Location
Tuesday, March 3rd	4:00 - 5:00 PM	Library
Wednesday, March 11th	4:00 - 5:00 PM	Library
Tuesday, March 17th	4:00 - 5:00 PM	Library
Tuesday, March 24th	4:00 - 5:00 PM	Library
Tuesday, March 31st	4:00 - 5:00 PM	Library
Tuesday, April 7th	4:00 - 5:00 PM	Library



NOTE: Limited class space available. Staff must pre-register for class on the CCS Wellness Portal.