



CCS Wellness Initiative presents

URBAN ZEN Integrative Therapy

AT SALEM ELEMENTARY

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



**TAKE CARE
OF YOURSELF**



RELAX



FEEL BETTER

Jenn 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.

WEDNESDAYS
class begins March 4th

4:30 - 5:30 PM
LIBRARY



Meet Your Urban Zen Instructor

Jennifer Gebhart

Jennifer is a Urban Zen Integrative Therapist, Yoga instructor certified in E-RYT 200, RYT 500 and an ACE certified personal trainer.



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CLASS SCHEDULE

Date	Time	Location
Wednesday, March 4th	4:30 - 5:30 PM	Library
Thursday, March 12th	4:30 - 5:30 PM	Library
Wednesday, March 18th	4:30 - 5:30 PM	Library
Wednesday, April 1st	4:30 - 5:30 PM	Library
Wednesday, April 8th	4:30 - 5:30 PM	Library
Wednesday, April 22nd	4:30 - 5:30 PM	Library
Wednesday, April 29th	4:30 - 5:30 PM	Library
Wednesday, May 6th	4:30 - 5:30 PM	Library
Wednesday, May 13th	4:30 - 5:30 PM	Library
Wednesday, May 20th	4:30 - 5:30 PM	Library



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