

Are You Anxious, Stressed & Overwhelmed?

If so, let's explore ways to relax your body, calm your mind, and empower your wellness.



JOIN ONE OF OUR FREE 8-SESSION MIND-BODY SKILLS GROUPS

Groups meet **ONLINE** once a week for 2 hours

- 8 Session Group every Wednesday starting April 21 5-7pm
- 8 Session Group every Mon./Wed. starting April 26 7:30-9:30am
- 8 Session Group every Monday. starting April 26 1-3pm

REGISTER NOW - click on one of the groups above

ACM has a longstanding partnership with the **Center for Mind-Body Medicine** and is pleased to provide the Center's proven trauma relief model to our community during this exceedingly stressful time.



ALLEGANY COLLEGE
of MARYLAND

WHAT WILL I LEARN

Mind-Body Skills groups will empower your growth through effective research proven skills such as:

- **Meditation**
- **Guided Imagery**
- **Biofeedback**
- **Autogenic training**
- **Creative Expression**

Maryland Opioid Operational Command Center was able to bring the Center's full Professional and Advanced training programs to ACM. The 135 local individuals trained, join more than 40 previously trained facilitators to give our community more trained facilitators per capita than anywhere IN THE WORLD! It's remarkable that we have this FREE resource available to our community during this time of unprecedented and unrelenting stress.

Groups are only available for residents living or working in Maryland

Supported by the Opioid Operational Command Center. The views presented here are those of the grantee organization and not necessarily those of the OCCC, its Executive Director, or its staff.

Visit: www.allegany.edu/cmbm | Contact kcondor@allegany.edu if you have questions