

Improve awareness, mood and energy—in just 8 weeks!



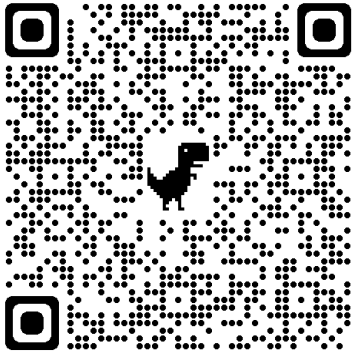
Stress and trauma take a toll on the mind, body, and spirit— and the pandemic is exacerbating this toll on all of us.

ACM has a longstanding partnership with the [Center for Mind-Body Medicine](#) and is pleased to provide this impactful resource to our community during this period of prolonged stress. Best of all— for a limited time, full scholarships are available for Maryland residents!

*According to the American Medical Assoc. Most Primary Care Visits are **STRESS RELATED!***

JOIN US TO **DESTRESS AND GET CONNECTED!**

Click the date line below or scan the QR code to sign up for an 8-week online group today!



Scan or click to register

Mind-Body Skills Group with Theresa Stahl
Wednesdays, February 1st through March 22, 2023 2-4PM

These dates and times don't work? [Click here](#) to be notified of future offerings.

All facilitators have been trained directly by the Center for Mind-Body Medicine. Enroll to learn mind-body techniques like meditation, guided imagery, mindful eating and so much more!



To sign up for a group, please complete the registration form found at the link above.
For more information, visit www.allegany.edu/cmbm
Questions? Please email kcondor@allegany.edu

