

RELAXATION CLASSES

for MEN of all ages

Did you know stress management can actually change your DNA in a way that might help ward off ageing and chronic diseases?

Relaxation isn't just about peace of mind or enjoying a hobby. Relaxation is a process that decreases the wear and tear on your mind and body from the challenges and hassles of daily life.

You're invited to come along for a coffee, chat followed by a 45 min. session guided by a qualified instructor. **1st session is FREE!**



- Who:** **Men of any age**
Practise relaxation regularly for vigour, strength, vitality and endurance
- Where:** **Morton Homestead**
7-17 Morton Blvd, Taylors Hill (Melways - 13 A3)
- When:** **Every Wednesday evening 7pm – 8pm**
Conducted over 4-week blocks
- Cost:** **\$20 (over 4 sessions)**
Included with your registration is a FREE mat
- Contact:** **Melton Men's Shed**
☎ 9971 5106 / catheriner@melton.vic.gov.au

Register now!
☎ 9971 5106

