

Breathing Classes



You will learn:

- Why we breath diaphragmatically
- How to breath diaphragmatically
- What is the relaxation response
- The benefits of relaxation
- And more

To register call: Doug at 519-745-4404 ext 207 or Penny at ext. 244

Who: Open to KDCHC clients, volunteers and the community
Need strong English language skills
Practice is on a floor mat or in a chair

When: Every Thursday evening beginning **May 4- 25th** for 4 weeks at 6- 7:30 pm

Where: 1st floor (*ask at the front desk when you come in*)

Kitchener Downtown Community Health Centre



44 Francis Street South, Kitchener Ontario
Corner of Francis and Joseph

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