



Florence Crittenton

Believe • Achieve • Empower

CENTER FOR
INTEGRATIVE HEALTH

— STRESS MANAGEMENT CLINIC —

5423 SW 7th Street, Topeka, KS 66606

(785)233-0516

WEEKLY SCHEDULE September 7-12

TUESDAY, September 7 - 12:00 pm

Be Gentle Self-Compassion Group with Brittney

Building a community of kindness and compassion to facilitate personal growth

TUESDAY, September 7 - 5:30 pm

Eat Well Group with Rachel

Learning how to thrive in your relationship with food from a registered dietitian

WEDNESDAY, September 8 - 5:30 pm

Be In Nature Yoga Hike with Sarah

Connecting with your mind and body through a mildly challenging hike
Governor's Mansion Trails, West of 6th & Fairlawn, Park on Governor's Lake Road

THURSDAY, September 9 - 6:00 pm

Sleep Well Group with Melissa

Discovering ways to improve common sleep struggles such as insomnia & nightmares

CLASS PRICES

Please call ahead to reserve your spot (785)233-0516

\$15 per group class without Punch Card

\$50 Punch Card for 5 Group Classes

\$100 Punch Card for 10 Group Services,
Includes a Stress Management Assessment

To learn more, follow
Florence Crittenton Services -
Topeka KS

