



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 13-19

MONDAY, September 13 - 5:30 pm

Be Well Balance Group with Catherine

Finding support to put yourself on your own "to-do" list & create more balance

MONDAY, September 13 - 6:30 pm

Yoga Nidra with Catherine

Turning awareness inward to stimulate our body's relaxation response & improve sleep

TUESDAY, September 14 - 5:30 pm

Eat Well Group with Rachel

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

WEDNESDAY, September 15 - 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 16 - 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

