

Carebridge Webinar

Relaxation Exercises that Work



Our lives today are filled with activity from the time we wake until we go to sleep. This hectic schedule can result in feelings of exhaustion and a lack of clarity in our work and personal lives. This presentation will teach relaxation exercises that quiet the mind and body and leave the participants feeling refreshed and renewed, especially beneficial during a pandemic. Learn how meditation, visual imagery, and progressive muscle relaxation can reduce the tension in your body and gain focus in your life.

Date/Time:

Wednesday, April 8, 2020
12:00pm – 1:00pm ET

Click to Register:

https://carebridge.zoom.us/webinar/register/WN_Qhs6ZwQtSq-uGcq6JuAywA

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