

Red Cross Resiliency Training

Introduction to Mind-Body Skills

Having trouble coping with stress?

Red Cross Mind-Body Workshops help the military and veteran communities learn skills to stay grounded.



**American
Red Cross**



**Thursday, February 17th
11:00 to 12:30 pm
KUC Room 322**

Introductory look into mind-body practice and skills including breathing, mindfulness techniques, stretching and movement, body awareness and functioning, and guided imagery.

No cost to attend. Lunch will be provided. To sign up to attend, please email Elizabeth.Wilburn@mtsu.edu

MTSU Charlie and Hazel Daniels
Veterans and Military Family Center



615-904-8347 KUC Office 124 & 316
Monday - Friday 8:00am - 4:30pm