

# MENTAL WELLNESS WORKSHOP

with Beth

**Sunday Dec. 14th**

**12:00 - 1:30 PM**

**Conference rooms 2&3**

**Cost:**

**Members - \$15 / Non-Members - \$25**

**Equipment Provided: Yoga Mats and Towels**



- Recognize Your Body's Cues: Learn to notice and interpret internal signals, such as tension, pain, or changes in breathing, to identify physical manifestations of emotional or cognitive "hijacks".
- Enhance Emotional Regulation: Explore the connection between stress, your nervous system, and physical sensations through guided interoceptive exercises and gentle movement.
- Develop Practical Strategies: Gain practical tools to identify stress patterns and reduce your reactivity in the moment.

*No prior yoga or movement experience is required—just curiosity and a willingness to explore how the body and mind work together.*

To reserve your spot, call the service desk at 847-618-3501  
or reach out to Gilda at 847-618-3665 for more information.

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