

Community Education Service



HeartMath

Presented by: Community Health Promotion Services,
Alberta Health Services

Wednesday, October 10, 2018

6:30 pm - 8:30 pm

Sign in: 6:15pm

**Foundations for the Future Charter Academy
South Middle School Campus
8710 Ancourt Road SE**

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955-4747

Stress affects people physically, mentally and emotionally. Relieve stress anytime, anywhere and feel better in the moment. This course introduces the HeartMath system of breathing techniques and a heart rate variability tool that can help you manage life's challenges and improve overall health, emotional wellness and resilience.