Lowering Your Anxiety through Self-regulation: body awareness techniques & meditation

- Five interactive group sessions offering opportunities to lower and manage your anxiety through body awareness techniques and meditation.

- The sessions will be offered in UNC 335 (Upper level collegium) on Thursdays, October 18 until November 15, 6:30 until 8:00 PM.

- The group sessions are offered by Connect Counselling and Therapy Society (formerly Kelowna Family Center) in collaboration with UBC O Health and Wellness.

- The cost will be $100 for the five sessions (cost recovery may be eligible through your extended health plans).

- Please contact Connect at 250 860 3181 or one of the counsellors at UBC O Health and Wellness (250 807 9270) for further information.