



Fall Semester 2009

**“Take a Break” is back!**

Wednesdays at noon (note new day)

**For all CHHS Faculty/Staff and now including Graduate Assistants**

**Take a Break! *Stretch, Breathe and Relax*  
Earlie Washington’s Stress Reduction Sampler**

*(sponsored by the Holistic Health Care Program)*

No cost. A gift from our dean!

We are continuing our sampler of holistic activities designed to give you an opportunity to care for yourself by relaxing your mind and body. When you relax, your immune system gets a boost. A variety of techniques will be explored this semester. These are drop in classes, and you’ll get the most benefit by attending all sessions, but you will still feel better if you only attend some. There is no experience necessary to attend. Wear comfortable clothes (pants).

For more information call Gay Walker, 387-3839.

***Wednesdays from noon to 1:00 pm, Wellness Lab, CHHS, room 1021.***

**Take Time Out to Breathe: Sept. 30, Oct. 7, 14, and 21.**

Back by popular demand: Learn several simple and powerful breathing techniques that relax and help you cope with and reduce stress. Renu Sharma will guide you. Students who took her class (Power of Breath) last year said it was one of the best and most useful classes they have had here. Learn what they learned, and have a tool for relaxation at your disposal anytime you need it. One student reflected “By taking time to focus on our breathing, we take time to focus on the most important thing: our health and well-being.”

**Tai Chi/Chi Gong: October 28, Nov. 4, 11, 18, December 2**

Ed Kehoe is an engaging instructor who teaches 30 classes a week in the Kalamazoo area to a variety of populations: kids/ adults/ seniors, cancer patients, and people with disabilities, and our students. In this class you will learn some easy breathing and stretching moves that will help you release stress and balance all that sitting with gentle movement. Anyone can do these.

**Labyrinth Walk in 4010**

presentation Thursday, 17th from 12-1 pm

Open walks available from 8-5 on December 17, 18 and 21.