

NEW!!

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Moms Group

For

Relaxation & Support

This group is for moms in all stages of motherhood. It will be held in the Timberhill Athletic Club's new "Den" room, though, so that the excellent daycare facility there can be utilized by group members. **YOU DO NOT HAVE TO BE A TAC MEMBER TO BE IN THIS GROUP**, nor to use the inexpensive daycare while you're here. Group size will be limited.

We'll take this weekly hour to meet and get to know each other, and to hear each other's stories as sister travelers on the journey of motherhood. We'll learn and enjoy together some guided relaxation techniques. This is not to be considered a therapy group. (But please contact me if that is what you are looking for). A Friday morning opportunity to pause and breathe, check in with yourself and each other, and start your weekends refreshed.

8-WEEK SESSION, OCTOBER 3 - NOVEMBER 21

FRIDAYS 10:30 - 11:30 AM

\$80 TAC members, \$95 Nonmembers (no drop-ins)

Facilitator: Tina Taylor, RN, MS Counseling, Registered Yoga Teacher, owner of **Heart & Soul Wellness Stress Solutions**. Please see www.heartandsoulwellness.net.

Registration: Please call to discuss your interest with me first. And then, because the group size will be limited, please confirm your registration by sending a check made out to Heart & Soul Wellness, 2255 NW 25th Street, Corvallis, OR 97330.



Heart & Soul Wellness



****Qualifies for Samaritan Employee Wellness Benefit use****