



Grocery Store Tour Monroe Meijer



Date: January 25, 2017

Location:

**1700 N. Telegraph Rd
Monroe**

Time: 10:00-11:00 a.m.

Pre-register please.
Space is limited

For more info on Live
Well. Be Well.

Programs and events,
call:

734-240-7800

or email

LiveWell_BeWell@
monroemi.org

How do I prevent holiday stress?

Are your expectations for the holidays realistic? Asking yourself this question is the first step to managing holiday stress. Make a list of what you expect from yourself and your family during the holidays. Hidden within these expectations you might find your potential holiday stressors—the things specific to you that can cause stress.

Try Deep Breathing

1. Find a quiet place to sit or lie down and close your eyes.
2. Put one hand on your belly. Be sure your arm is relaxed.
3. As you breathe in (inhale) slowly, gently let your stomach expand like you have a balloon in your belly, feel your lungs fill with air, breathe in for a 4-8 count
4. As you breathe out (exhale) let your belly relax. Gently let all the air out of your lungs and let your belly flatten for a 4-8 count.



Adult/Child CPR/ AED Class

**December 28th
10:00am—12:00pm**

**Call to register
Cost—\$25.00**

Mall Walk & Talk

**Have your blood sugar
checked before
and after walking
at the Mall of
Monroe.**

**December 21st
8:00am—10:00am**

