



Releasing Tension with Progressive Muscle Relaxation



A Free In-Person Workshop Presented by
Cancer Support Community Atlanta

Led by: Jane Myers, OTR/L



Cancer and its treatment can affect the muscles and can sometimes contribute to increased tension in the body. This workshop is for those who wish to learn and practice ways to reduce this tension by using simple muscle relaxation strategies. We will learn and practice progressive muscle relaxation and other techniques that have been proven to help reduce stress, ease muscle tension, and can assist in the management of good sleep hygiene. This class involves gentle movement while seated in a chair or lying on the floor and is appropriate for all skill levels. Please dress comfortably with loose-fitting clothing.

Tuesday, June 4
12:30 p.m.–2:30 p.m.

Register in advance for this program on our website at:

www.cscatlanta.org/calendar

After registering, you will receive a confirmation email containing information about joining the program.

We validate parking, so bring your ticket in with you. Our suite is located below the main lobby in Building 2.



Registration



phone 404.843.1880 • fax 404.843.1780
1100 Johnson Ferry Road NE • Building 2, LL90 • Atlanta, GA 30342
www.cscatlanta.org

