

Awareness Series

Free Class

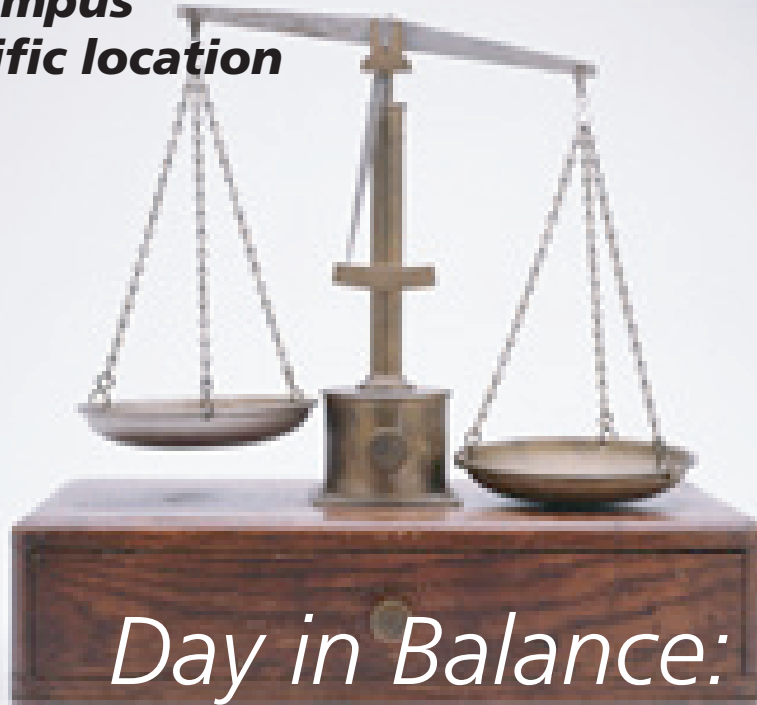
Monday

March 15, 2004

5:30 P.M. — 6:30 P.M.

MultiCare Campus

Call for specific location



Day in Balance: Blueprint for Health

How to automatically reduce stress and make everyday a vacation.

Become more creative and flexible.

Make yourself more efficient in work and effective in relationships.

Facilitated by:

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DAY IN BALANCE

Wake up no later than 6:00 am

Meditation

Exercise for 30 min (50% of max)

Self applied oil massage

Morning activities

Noon Meal-biggest meal of day

Afternoon activities

Meditation

Dinner-always less than lunch

three hours before bed

Bed no later than 10:30 pm

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