

Mindful Stress Reduction



For the Brain Injury Community

Starting Feb. 5, Tuesdays, 2:30 – 3:30 pm.

Good Shepherd Center, Room 223

4649 Sunnyside Ave. N, Seattle 98103

Call 206-547-2526 for more information or

email JanetLNov@msn.com

Practice techniques including:

- Deep Breathing
- Relaxation
- Visualization



Presented by Janet Novinger of Explorations, a consulting firm that facilitates learning, growth and change in a heart-filled and respectful way for individuals and organizations. Janet has taught stress management to businesses for more than 20 years and, following two head injuries, learned how these practices lead to healing, calm and grace.