



MICHIGAN STATE
UNIVERSITY

Extension

Stress Less with Mindfulness

DATE & TIME:

Five sessions:

**August 10, 17, 24, 31 and
September 7 10:30-11:30**

LOCATION: SCC

Community Mental
Health main building
3111 Electric Ave, Port
Huron, MI, 48060

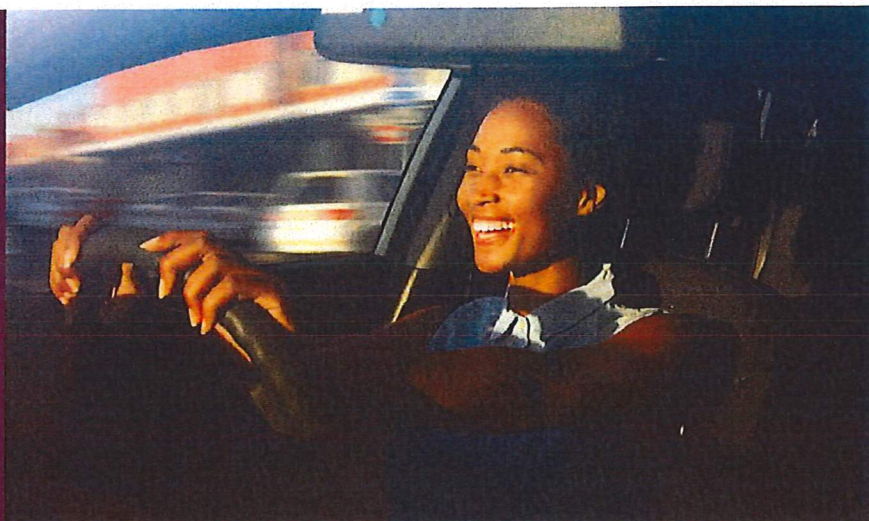
COST: Free

For Registration Contact:

Jacqui Rabine
rabineja@msu.edu
(810)989-6935

Presenters:

Jacqui Rabine
rabineja@msu.edu
(248) 930-4125



What:

Join us for five sessions to learn a wide variety of strategies of Mindfulness that leads to stress reduction, pain relief and improved focus:

Begin with Breath

Mindful Eating

Mindful Walking and Thought Surfing

Be Kind to your Mind

Mindful Laughter—The Best Medicine

For: Teens, Adults and Seniors

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Tai Chi For Beginners

DATES:

August 10—October 14,
2021 (No class Aug 26 or
Sept 30)

Tuesdays and Thursdays
9—10 a.m.

LOCATION:

SCC Community
Mental Health main
building

3111 Electric Avenue
Port Huron, MI, 48060

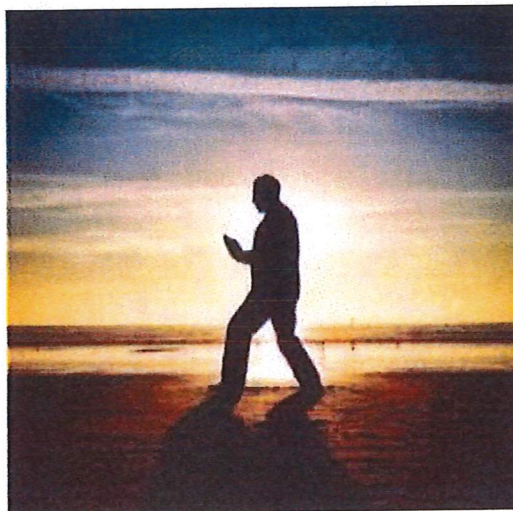
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PROGRAM SUMMARY: Tai Chi is a gentle exercise combining slow movement, deep breathing and focused intention.

- Increases strength
- Increases balance and posture
- Prevents falls
- Improves mind, body, and spirit
- Reduces stress and increase relaxation

Modifications will be provided for those who want to attend seated or standing.

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RELAX

Alternatives to Anger

DATES:

Four sessions-

**August 12 and 19th and
September 2nd and 9th
10:30-11:30 am**

LOCATION:

SCC Community Mental
Health main building
3111 Electric Avenue
Port Huron, MI, 48060

COST: Free

TO REGISTER

CONTACT:

Jacqui Rabine
rabineja@msu.edu
(810) 989-6935

Presenters:

Jacqui Rabine
rabineja@msu.edu
(248) 930-4125



RELAX: Alternatives to Anger helps teens, adults, parents and caregivers understand and manage anger and stress, and develop the communication and problem solving skills needed for healthy relationships.

Participants will learn:

- What anger is
- What triggers anger
- Calming down and de-stressing methods
- Problem solving
- Effective communication skills
- Forgiving and letting go of the past

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Other programs from MSU Extension

MSU Extension programming has something to offer every member of your family

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

To find your local county office visit msue.msu.edu/county.

For more information or to join a class, contact your local MSU Extension county office or visit www.msue.msu.edu

Additional Classes

RELAX Alternatives to Anger

August 12,19 and September 2 and 9: 10:30-11:30 am

September 16 and 23 and October 7 and 14: 10:30-11:30 am

November 11 and 18 and December 2 and 9: 9-10 am

Tai Chi for Beginners

Tuesdays and Thursdays August 10 through October 14: 9-10 am

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Additional Programs

Stressless with Mindfulness

August 10 –September 7 Tuesdays 10:30—11:30

September 14—October 19: Tuesdays 10:30-11:30 (no class 9/28)

November 9—December 7: Tuesdays 9-10 am

Tai Chi for beginners

August 10—October 14: Tuesdays and Thursdays 9-10am

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