



LAMB BEHAVIORAL HEALTH CENTER, LLC

# RELAXATION WORKSHOP

- Led by Dr. Gotowka, Licensed psychologist
- Topics include
  - How relaxation helps us
  - How relaxation works scientifically
  - Breathing exercises
  - Grounding exercises
  - Other relaxation activities and strategies
- Thursday, February 19, 6pm to 8pm **OR**  
Saturday, February 28, 10am to 12pm

**SPACE IS LIMITED!**

**REGISTER TODAY!**

**Lamb Behavioral Health Center**

1737 Briarcrest Dr. Ste 24, Bryan, TX 77802

979-436-1956

[lambbehavioralhealthcenter.com](http://lambbehavioralhealthcenter.com)



**SCAN ME!**