

Breathing and Relaxation Workshop

You're invited!

Join us for a relaxing afternoon!

This workshop will provide an opportunity to learn breathing and relaxation exercises to help reduce stress and restore balance.

Space is limited, so please call to register soon!

Guest Presenter: Octavio Cruz, M.S.,
LPC, Supervisor

**Free & open to the public!
Must register prior to event!**

First United Methodist
Church – Fellowship Hall
331 South Main Street
La Feria, Texas, 78559

**Tuesday, February 22
2:00-3:45 P.M.**

To register or obtain more
information about the
program, contact:

Candy Wiley, RN-BC, Wesley
Nurse
956-797-5436
cwiley@mhm.org

All are welcome!

***Masks are required**



"Serving Humanity to Honor God"