

AHS HeartMath®  
Mental Health Promotion & Illness Prevention

# Transform your Stress

## *The Resiliency Advantage*

### Exshaw Workshops Spring 2018

For more information about AHS HeartMath email: [AHS.HeartMath@ahs.ca](mailto:AHS.HeartMath@ahs.ca)  
This course is taught by an Alberta Health Services certified HeartMath instructor.  
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**Stress affects people physically, mentally and emotionally. Relieve stress anytime, anywhere and feel better in the moment.**

This **free** course introduces the HeartMath® system of breathing techniques and a heart rate variability tool that can help you manage life's challenges and improve overall health, emotional wellness and resilience.

**When:** Monday May 28, 9:30-11am or  
Thursday June 14th, 7-8:30pm

**Where:** Exshaw Community Center  
24 Heart Mountain Drive

### How to Register:

Email: [Kristin.spangenberg@ahs.ca](mailto:Kristin.spangenberg@ahs.ca)  
(Subject: HeartMath Exshaw Workshop) with date choice, or phone 403-678-4696 and ask for Kristin. You will receive confirmation and a reminder email prior to the workshop. Registration will close two days prior to each workshop, space is limited.

