



**Disability Action Center  
Intro to Relaxation and Self-Care Class  
Via ZOOM:**

<https://actionctr.org/form/intro-to-relaxation-self-care-class>

DAC offers guidance on basic tools for relaxation and self-care. This class will help you with fun, simple ways to see calm as the key to improve mood, physical health, and confidence.

**Available Class Dates:**

August 25, 2021 1:30 - 2:30

September 15, 2021 1:30 - 2:30

October 20, 2021 1:30 - 2:30

November 17, 2021 1:30 - 2:30

December 15, 2021 1:30 - 2:30

**Registration Required. Signup and Free Class  
Worksheet online, or contact:  
2453 Athens Ave. Redding, CA  
530-242-8550**