



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

DAC is offering a class on basic tools for relaxation and self-care. This class will help guide you with fun ways to see calm as key to improve mood, physical health, confidence.

Available Class Dates:

May 19th at 2:30pm – 3:30pm

**Registration Required. For Signup and
Free Class Worksheet contact:**

2453 Athens Ave.

Redding, CA

530-242-8550