



CENTRAL
STATE UNIVERSITY

Extension



Stress Management through sound and breathing

Stress affects us in all aspects of life whether it be positive or negative stressors. The simple technique of introducing sound and breathing exercises as a daily habit can have decrease stress. Decreased stress can eventually lead to decreased heart rate, improved quality of sleep, and a calmer state of mind overall.

Join us as we teach you to self-regulate through breathing exercises as well as active listening to tuning forks.

Date: January 13, 20, 27, Feb. 3

Time: 10:30am-12:00pm

Location: Perry County Library-
Somerset Branch Library
117 West Main Street
Somerset, Ohio 43783

Cost: Free

Registration is required--please contact:

Call Leslie (740)-541-2714 or

E-Mail Shelby at

sclark@centralstate.edu

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