

CREATING THE COMFORT OF CALM

**Will be presented in a series of 4 classes
by Connie Massie, LCSW**

Connie is a Board Certified Licensed Clinical Social Worker with over 35 years of experience in counseling for people facing chronic stress, anxiety, depression, trauma, and difficulty with many of life's transitions. She is a certified Meditation teacher, as well as, in Hatha Yoga and Restorative Yoga, incorporating mindfulness techniques into her everyday practice.



OCTOBER SERIES :

2ND, 9TH, 16TH & 23RD

**10AM - 12PM | Card Community Center
545 Vallombrosa Ave. Chico, CA**

**For more information or to RSVP
call 530.898.5925**