



## Enriching Mental Health with Complementary Treatments Part 2 (Meditation, Mindfulness, Spirituality, Yoga)

This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. The main topics of this course will be Meditation, Mindfulness, Spirituality, and Yoga.

### To Register:

Go to [Vayahealth.com/calendar](https://vayahealth.com/calendar)

-OR-

Call Spruce Pine Public Library  
at (828) 765-4673.

### Date and Time:

Tuesday, May 30, 2023  
3:30 – 4:30 p.m.

### Location:

Spruce Pine Public Library  
142 Walnut Ave  
Spruce Pine, NC 28777

***All Vaya Health trainings are free and accredited through the NC Division of Health Service Regulation which awards one contact hour for each hour of training.***