

# *JUNE RELAXATION*



*Experience the calmness of relaxation.*

Monday, June 8th - Friday, June 19th, click here  
to find quick daily relaxation techniques:

[\*WSHG June Relaxation\*](#)

Each day a technique, of approximately 10 minutes or less, will be added.  
Relaxation will include Tufts Meditation Program videos, InsightTimer  
Relaxation and articles of relaxation to try.

You can participate in one or all of the relaxation throughout the program.

(Although relaxation techniques will be listed daily, you can always go back and  
try previous days that you have missed.)

Check off all relaxation you participate in.

Each check will be a raffle ticket for eGift Cards to a choice of  
Dick's Sporting Goods or Lush.

There will be one raffle winner in each community.

*~ Enjoy exploring relaxation this June ~*