

Guided Imagery Relaxation Sessions 2025

Achieving harmony and balance in our hectic lives....De-stress yourself.

Learn techniques to practice when life's daily stressors make you feel overwhelmed.

Join us for a **virtual** relaxation session of conscious breathwork guided imagery and creative visualization.



2nd and 4th Tuesdays of the month at 1 PM
Save the dates:



Our sessions are free, begin promptly at 1pm, and last one hour.
Once registered, you will receive a reminder and ZOOM link to connect virtually.

***RWJUH Community Health Education proudly presents a virtual
de-stress session with:***

Nadine Roberts

Certified Usui Reiki Master Practitioner
Certified AMDA Clinical Hypnotherapy Practitioner
Certified Integrative Guided Imagery Practitioner
Certified Level 4 Healing Touch Practitioner
Certified Integral Tai Chi/Qi Gong Practice Leader

If you have questions, or to register, please email communityed@rwjbh.org