

Robert Wood Johnson University Hospital

Guided Imagery Relaxation Sessions 2025

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

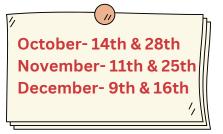
Learn techniques to practice when life's daily stressors make you feel overwhelmed.

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:

July- 8th & 22nd
August- 12th & 26th
September- 9th & 23rd



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