



Announces the next Community Connection

## **Health and Wellness Series**

### **Building Personal Resilience with**



## **HeartMath®**

**August 28<sup>th</sup> 6:00 – 7:00 pm.**

Amy H. Levin Conference and Learning Center

1165 N. Ridge Rd. Lorain, Oh. 44055

Learn how a simple but effective breathing technique can build your personal resilience by helping you better regulate your emotional state. Great for all ages, join Certified HeartMath Instructor, Tess Snyder as she teaches personal self-regulation and co-regulation techniques for you and your whole family!

**To register, call the office at (440)240-8477 or  
Email [office@nami-lc.org](mailto:office@nami-lc.org)**