

## **FREE – (13 Feb) Achieve deep relaxation with Progressive Muscular Relaxation Exercises**

**Progressive Muscular Relaxation (PMR)** allows you to learn to recognize and control muscle tension in a systematic way. By deliberately tensing and relaxing your muscles, you can achieve a deep state of relaxation.

### **Benefits:**

- Increased awareness of muscle tension and better muscle control
- Enhanced recovery
- Manage stress more effectively
- Relax your muscle, your mind and feel calmer and HAPPIER!

*Note: You should consult your physician if you have a history of serious injuries, muscle spasms or back problems.*

Date: 13 February 2015 (Friday)

Time: 1:00 pm – 2:00 pm

Venue: Room 411, Meng Wah Complex

Trainer: Ms Elaine Y.L. Chan, Clinical Psychologist, CEDARS &  
Ms Venus Wong, HKU Clinical Psychology Trainee

Language: Cantonese

Class size: Maximum 15

Fee: FREE

Deposit: \$100

### **Remarks:**

- Please wear comfortable and loose clothing.
- Please have a light meal before joining the class as no lunch will be provided.
- Latecomers are not permitted to enter the venue.

**Registration** is at Room 408, 4/F, Meng Wah Complex on a first-come, first-served basis. For enquiries, please call 2857-8388 or email [cedars-cope@hku.hk](mailto:cedars-cope@hku.hk)

Counselling and Person Enrichment (CoPE)

Centre of Development and Resources for Students (CEDARS)